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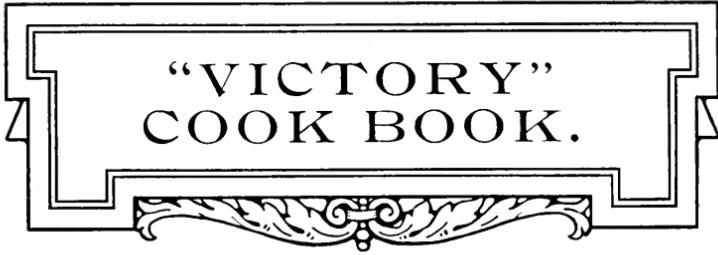
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# **“VICTORY” COOK BOOK.**







“VICTORY”  
COOK BOOK.

We may live without poetry, music and art ;  
We may live without conscience, and live without heart ;  
We may live without friends, we may live without books ;  
But civilized men cannot live without cooks.

Price 25 cents.

ALL MEASUREMENTS USED IN  
THIS BOOK ARE LEVEL.



# SOUPS.

"The onion is a homely plant, and rank as most that grows,  
And yet it beats, to mix with soups, the lily or the rose."

## Potato and Onion Soup.

Four onions	One quart milk
Four medium sized potatoes	One teaspoon butter
Seasoning	

Peel four onions and four potatoes and cover with boiling water to which salt has been added, and cook until soft. Put milk in a double boiler and when scalded add it to the water in which vegetables were boiled. Press together and add butter, salt, and pepper to taste. Mrs. E. T. Carroll.

## Tomato Soup.

Cook one can tomatoes, one pint of water, one teaspoon sugar, a little clove together for fifteen minutes. Melt in small frying pan two tablespoons butter or beef drippings. Add one small chopped onion and fry until light brown. Add three tablespoons of flour and a little soup. Pour into tomatoes; season with salt and pepper and strain. Mrs. M. Dolan.

## Corn Chowder.

One can corn	One sliced onion
One pint water	Four medium sized potatoes
Seasoning	

Boil the corn with one pint of water and sliced onion twenty minutes, stirring occasionally, add potatoes sliced, and cook until soft but not broken; one pint of hot milk is then added, one teaspoon of salt, and one-eighth of a teaspoon of pepper and two tablespoons of butter. Keep hot until ready to serve. Mrs. Doherty.

## Dried Green Pea Soup.

One cup peas	Speck of soda
Two quarts water	Small piece of butter
Seasoning	

Soak one cup of peas over night in cold water. In the morning add two quarts of water, add sprinkle of soda, and simmer until peas are soft and can be pressed. Season liquid with salt and pepper and add two cups of hot milk and small piece of butter. Mrs. Donohue.

### **Cream of Celery Soup.**

One pint hot milk	One bunch of celery
Two tablespoons butter	Two tablespoons flour
Seasoning	One-half cup cold water
	Small onion

Use the outside stalks and green leaves, and onion. Cook in enough boiling salted water to cover. When tender, strain and add hot milk, butter and seasoning. Mix flour and cold water, and thicken above mixture. Then cook until of desired thickness. Mrs. Tangnay.

### **Mock Bisque Soup.**

One can tomatoes	One quart of milk
One teaspoon sugar	Seasoning
One slice of onion	Thickening

Cook tomatoes with one teaspoon clove and a slice of onion for twenty minutes. Mix a half cup of water with about one-quarter cup of flour. Add the above to one cup of hot milk and cook until thick, stirring all the time. Boil five minutes, add one teaspoon of salt, speck of pepper, and two tablespoons of butter. Strain tomatoes and add a speck of soda; pour this liquid slowly into the mixture, stirring constantly. Serve at once. Mrs. Walsh.

### **White Soup.**

Cut in small pieces two pounds neck of the veal or mutton. Put them into a saucepan with two quarts cold water. Cook slowly two hours, add two sliced onions and one turnip cut into small pieces, and cook gently one hour. Add one cup of cooked rice or barley. Season with salt and pepper, thicken with one-quarter cup of flour mixed with half cup of water. Boil at least five minutes after adding this to soup. Mrs. K. Killion.

### **Luncheon Soup.**

Use the stock from boiled mutton, cooking it down to about two quarts. Add a large cupful of green peas which have been previously boiled and slightly sweetened. Season with a teaspoonful of butter and add a little pepper. It is probably salt enough already. Cook until the peas are soft enough to press through a coarse strainer, after which return to the fire and when hot enough stir in a coffee cupful of hot milk and serve immediately. Mrs. M. O'Donnell.

### **Clam Soup.**

Wash the clams free from grit, boil them in a pint of water until they come from the shells easily. Take a small quantity of the liquor, add some milk, thicken with a little flour, and add clams. M. McLaughlin.

### **Asparagus Soup.**

One bunch of asparagus	Two tablespoons flour
One pint of boiling water	Two tablespoons butter
	Two cups milk

Use tips as a vegetable. Cut stalks into small pieces, and cook in the boiling water until tender. Press through a sieve. Blend together the butter and flour in a saucepan, and add gradually two cups of the water in which the asparagus has been cooked. Then add the milk. To the above mixture add one cup of the pulp and when hot season with pepper and salt. Cook the soup in a double boiler and when of the desired thickness, serve at once.

Mrs. Fitzsimmons

### **Canteen Potato Soup.**

Six potatoes, mashed	Three cups hot milk
Two tablespoons flour	Seasoning
One cup cold milk	One small onion, chopped

Mix flour and cold milk until smooth. Add three cups of hot milk and onion to this, and boil five minutes. Add three tablespoons butter, 1 teaspoon salt, speck pepper and celery salt. Add potatoes and strain, stir until smooth and re-heat.

M. M. D.

### **Fish Chowder.**

Two pounds haddock or cod	Four potatoes
Two slices of salt pork	One quart of milk
Two small onions	Seasoning

Cut head off and remove skin and bones, cover with cold water and cook slowly. Fry fat pork until brown. Fry onions likewise. Add four potatoes sliced and strain in water in which fish has been boiled. Cook twenty minutes. Cut flesh into pieces and add, cook ten minutes, add one quart of milk. Season with salt and pepper. Add crackers if desired.

Mrs. Thissill.

### **Consomme.**

One fowl	Four to six quarts cold water
Veal bone weighing two pounds	One carrot
One pound lean beef	One onion
	One celery stalk

#### *Proportions for Five Persons*

One bay leaf	Six whole allspice
Four whole cloves	Salt and pepper to taste

Cut to pieces meat and bones and brown a little either in oven or on frying pan, then put in kettle with cold water. Allow to cook slowly for two hours, skimming from time to time to clarify. Strain carefully through cheese cloth, add vegetables and seasoning.

Mrs. M. F. Leonard.

### **Lobster Chowder.**

One-quarter cup of salt pork	Three and one-half cups hot milk
One-small onion	One-half teaspoon salt
One-quarter cup of flour	Speck paprika
One-half cup of milk	Two cups lobster
Two tablespoons butter	

Add onions to salt pork and cook. Mix flour and milk until smooth. Add milk to the above mixture, also onions. Stir until thick and smooth. Strain mixture and add half spoonful of salt, paprika and two cups lobster meat cut into cubes. Add two tablespoons butter. Serve hot.

Mrs. Christine Crossen.

### **Clam Chowder.**

One-quarter pound salt pork	One quart hot milk
Two medium sized onions	Six sliced potatoes
One quart boiling water	Salt and pepper to taste
Common crackers	

Cut pork in dice and fry. Cut onions small. Add water when light brown and the tough part of clams which have been chopped fine; cook twenty minutes, add milk, potatoes and soft part of clams. Cook till potatoes are soft and add salt and pepper to taste. Add crackers if desired.

Mrs. Dowd.

### **Beef Tea.**

One pound raw beef	One pint cold water
Seasoning if desired	

Chop the meat fine, and put in the top of double-boiler with the cold water. Let stand for half an hour. Then cook on back of stove for an hour. Remove fat, strain, season and serve.

Mrs. B. Sullivan.

### **Beef Stew.**

Two pounds beef	Three onions
One-quarter cup flour	Four medium potatoes
Two carrots	Water
One turnip	Salt and pepper to taste

#### **Flour**

Cut meat into small pieces. Save better pieces. Put remainder into stew pan. Cover with cold water and cook slowly. Try out some of beef fat in frying pan. Roll better pieces of meat in flour and brown. Add onion. Put these into soup kettle. Cover meat with boiling water and cook slowly at least two hours. Add vegetables and cook until soft. Add seasoning and thickening.

# FISH.

"Master I marvel how the fishes live in the sea!

They, as men do on the land: the great ones eat up the little ones."

## Baked Halibut.

Arrange six thin slices of fat salt pork, two and one-half inches square, in dripping pan. Cover with one small onion thinly sliced and add a bit of bay leaf. Wipe a two-pound piece of chicken halibut and place over pork and onion. Add two tablespoons of butter, creamed and mixed with two tablespoons of flour. Cover with three-fourth cup buttered cracker crumbs. Arrange thin strips of fat salt pork over crumbs. Cover with buttered paper and bake fifty minutes in moderate oven. Remove paper during the last fifteen minutes of the cooking to brown crumbs. Remove to hot serving dish. Add to fat in the pan three tablespoons of flour and stir until well browned. Then add one-half can of tomato soup and one cup of hot water. Strain and pour around the fish on the serving dish.

Agnes E. Hurley.

## Scalloped Fish.

Remove the skin and bones from left over fish. Cover the bottom of a buttered baking dish with fish. Add a layer of bread stuffing made from bread crumbs, chopped onion, a little chopped pickle, melted butter, salt and pepper and all moistened with milk or water. Add another layer of fish and moisten well with drawn butter sauce. Roughly cover with mashed potatoes. Brown in oven.

Mrs. Neil J. Devlin.

## Butter Dressing for Fish.

Two tablespoons butter	One teaspoon finely chopped parsley
Two tablespoons flour	One teaspoon lemon juice
One-quarter teaspoon salt	One cup boiling water
Few grains cayenne	

Put the butter in a bowl and rub until creamy. Add flour, salt, pepper and parsley. Then the lemon juice very slowly. Add boiling water. Boil for five minutes. Parsley may be omitted.

Mrs. M. J. Trainor.

## Fish Sauce.

Melt two tablespoons of butter and cook in it sliced onion until light brown. Add two tablespoons flour, one-quarter teaspoon of salt, speck of paprika, small bay leaf and one clove. Gradually add one cup boiling water or tomato, cook five minutes. Strain.

Mrs. Barry.

### **Kedgeree.**

Mix two cups of cold fish, salmon preferred, with equal quantity of cooked rice. Add two tablespoons of butter, a beaten egg, a teaspoon of salt, one-half teaspoon of mustard, a speck of cayenne and a little chopped parsley if desired. Heat and then put into a wet bowl. Mould out on platter and pour over and around it a cream sauce made as follows:—Melt two tablespoons of butter, add three tablespoons of flour, and when smooth add two cups of hot milk. Cook until thick, stirring constantly; season with salt and pepper. A hard cooked egg may be sliced into the sauce.

Mrs. John T. Corcoran.

### **Finnan Haddie.**

Soak the fish half an hour in cold water. Drain and put into a baking dish with water to cover. Bake half an hour. Drain and remove bones and serve with white sauce or melted butter.

Mrs. M. F. Leonard.

### **Scalloped Oysters.**

Prepare oysters. Sprinkle crumbs in bottom of buttered baking dish. Cover with oysters, salt and pepper. Add another layer of crumbs and then oysters, etc., until dish is three-fourths filled. Moisten with oyster liquor or cream sauce. Cover with buttered crumbs. Bake fifteen minutes in hot oven.

E. J. Nicholson.

### **Soft Cod Roe Fried.**

Boil roe in boiling water to which a little vinegar has been added and salt and pepper, for ten minutes. Drain it. Dip roe into beaten egg and then into finely sifted bread crumbs, covering every part. Cook in smoking hot fat until crisp and brown. Serve with butter sauce to which is added a little lemon juice and cayenne.

K. E. S.

### **Salmon Cakes.**

Drain thoroughly a can of salmon. Mince it fine, then add an equal amount of mashed potatoes and a beaten egg. Form into little cakes. Dip into egg, then into crumbs and fry in hot greased pan.

Margaret A. Coulter.

### **Lobster and Aspic Jelly.**

Pour a little aspic jelly into a mould with a hollow center. When stiff add pieces of lobster and then a little more jelly. Let this stiffen and add slices of hard cooked egg, more lobster and some capers. Fill with jelly. Set on ice. When firm turn out on dish and fill centre with Russian dressing.

M. T. M.

### **Baked Mackerel.**

Split fish, clean, remove head and tail. Put in buttered dripping pan, sprinkle with salt and pepper and dot over with butter (about one tablespoon to a medium-size fish), and pour over two-thirds cup milk. Bake thirty minutes in hot oven.

A. M. M.

### **Baked Fish with Tomato Sauce.**

Fill fish with stuffing and sew. Cut slits two inches apart on the sides and lay in each a thin strip of fat pork. Place in baking pan on thin slices of fat pork. Pour over it one cup salted boiling water in which two tablespoons butter have been melted. Dust over all, salt, pepper and flour. Quick oven. Baste often. When flesh begins to separate from bones it is done. Transfer it to hot platter.

*Tomato Sauce for Baked Fish*—Mince two large onions fine. Put in frying pan with two tablespoons butter and fry a delicate brown. Stir frequently. Add one quart tomatoes. Let cook a while. Put through sieve to remove seeds and onion. Return to frying pan, thicken with two tablespoons or more of flour. Add a little butter. Serve with fish. M. T. M.

### **Smothered Codfish.**

Pick boiled codfish free from bones and shred it fine. To one pint of hot milk add one tablespoon of butter and two tablespoons flour rubbed together, moistened with cold milk. Stir it until it boils and thickens. Have ready two eggs beaten light, pour the mixture on them and beat until well mixed. Place a layer of bread crumbs in the bottom of a baking dish. On this place a layer of fish. Sprinkle with pepper and cover with a layer of sauce. Repeat until the dish is filled. Cover the top with bread crumbs and bake twenty minutes. This is delicious.

Esther W.

### **Fish Balls.**

Shred one cup salt codfish in very small pieces and wash in cold water. Wash and pare potatoes and cut them into small pieces until you have two cups. Cook the fish and potatoes together until potatoes are tender. Drain and dry the mixture thoroughly. Mash it all and add a little pepper, salt if needed, two teaspoons butter and one beaten egg. Beat all until it is light. Form balls on a tablespoon and drop them into smoking hot fat. Fry until brown, then drain.

J. M.

### **Fried Shad Roe.**

Parboil shad roe by boiling in salted water, to which has been added one-quarter tablespoon vinegar, for fifteen minutes. Cut in pieces, sprinkle with salt and pepper, and brush over with lemon juice. Dip in egg, then in crumbs. Fry in deep fat.

## MEATS.

"The turnpike road to people's hearts, I find,  
Lies through their mouths, or I mistake mankind."

### Veal Loaf.

Three pounds of raw veal chopped very fine. Butter the size of an egg. Three eggs, three tablespoons milk. Mix eggs and milk together. Mix with the veal four pounds of crackers, one teaspoon salt and a little sage. Mix all together in the form of a loaf. Bake two and one-half hours, basting with butter and boiling water.

Mrs. O. Driscoll.

### Pot Roast.

Buy a piece of bottom of round, put it into a pan, sprinkle with a little flour, salt and pepper and a little water. Then add sliced potatoes and a small onion or two, cut up in small pieces, and bake in hot oven. Cover with a pan. Let the potatoes get crisp and then add more water. Thicken and season.

Mrs. B. Sullivan.

### American Chop Suey.

One pound Hamburg steak	Medium sized onion
One cup cooked macaroni	One cup cooked rice
One cup canned tomatoes	

Season meat and onions to taste with salt and pepper. Brown in frying pan, adding macaroni, rice and tomatoes.

M. M. D.

### Glazed Ham.

Take a cold boiled ham; after removing the skin, brush all over with beaten egg. To a cup of powdered crackers add enough rich milk or cream to make thick paste, salt it, and work in a teaspoon of melted butter. Spread evenly a quarter of an inch thick over the ham and set in a hot oven to brown.

Florence E. Buckley.

### Meat Flavored with Green Peppers.

Two pounds chopped beef	One and one-half cups soaked bread
Salt and pepper	crumbs
One onion chopped fine	One egg

Mix all together and season. Make into loaf, chop two green peppers, lay over top. Bake in hot oven until firm.

M. C. O.

### **Sauce for Meat.**

Chop up one onion, and fry in hot fat until light brown. Add one can of concentrated tomatoes, one cup or more of boiling water. Season with salt and pepper. There should be enough sauce to cover meat.

Polenta. Have three cups of boiling water in top of double boiler, and one teaspoonful of salt. Sift in one cup of cornmeal and cook over fire, stirring constantly for ten minutes. Then cook over boiling water. Stir in some grated cheese. Pour into a wet bowl. Turn at once on a platter and pour over it the above sauce.

Estelle McMahon.

### **Veal and Lamb.**

Use meat cut from the neck and shoulder, about two pounds, two quarts of potatoes, two onions cut in eighths, four tomatoes, sliced, or one cup stewed tomatoes, one-fourth cup of lard or other fat. Salt and pepper to season. Cut raw potatoes into small pieces into a baking pan. Add onions and tomatoes. Sprinkle well with salt and pepper. Wipe meat with a damp cloth and lay meat on top of vegetables. Lay few slices of pork on top of meat. Cover and cook in oven, turning meat and vegetables occasionally until potatoes are baked and meat is tender. Pork chops or shoulder blades may be used in the same way, omitting the slices of pork.

M. M. D.

### **Meat Pies.**

Another good way to use a little meat. Have you ever used rice, cornmeal mush, or hominy for a crust? This is less work than a pastry crust and saves wheat.

Four cups cooked corn, meal,  
rice, or hominy  
One onion  
Two cups tomato

One-eighth teaspoon pepper  
One tablespoon fat  
One pound raw meat or left-over  
meat cut up small

One-half teaspoon salt

Melt the fat, add the sliced onion, and, if raw meat is used, add it and stir until the red color disappears. Add the tomato and seasoning. If cooked meat is used, add it with the tomato and seasoning, after the onion is browned, and heat through. Grease a baking dish, put in a layer of the cereal, add the meat and gravy, and cover with the cereal dotted with fat. Bake for half an hour.

F. J. B.

### **Stuffed Leg of Veal.**

Choose a firm leg of veal, with good pink color. Have the butcher remove bone and use it for a stew for the next day with remnants of veal left. Make a dressing of bread crumbs, little chopped onion, pepper salt and sage to taste.

Mrs. T. Mitchell.

### **Stuffing for Veal.**

Two level cups mashed potato	One-half level teaspoon salt
One level cup soft bread crumbs	One-half level teaspoon pepper
One-half cup butter	
Two level tablespoons scraped onion pulp	
One-half level teaspoon poultry seasoning	

Mix thoroughly.

Ella J. Shaw.

### **Chicken Pie.**

Cut in pieces a large chicken or plump white fowl as for fricassee, wash and put into porcelain or agate kettle with water to cover. One teaspoonful of salt and stick of celery. Cover tight and boil slowly until tender. Then take it out of the liquid. Remove skin and large bones. Skim the fat off the liquid and thicken it with one tablespoon of flour rubbed smooth in one-half cup of cream. This sauce should measure about five cups. Season with a little white pepper. Pour this over the chicken, which has been placed in a deep pie dish. Cover with a rich pie crust. Cut gashes in crust to let steam escape.

Mrs. M. O'Donnell.

### **Baked Ham.**

One slice ham, three-quarters to one inch thick	
Twenty whole cloves	Five apples
Two cups brown sugar	Water

Remove the skin of the ham but do not remove any fat. Place in frying-pan, cover with boiling water and parboil for two or three minutes. Remove from pan and dry thoroughly. Stick ham and fat with twenty whole cloves. Cover each side with a half a cup of brown sugar and place in small baking pan; fill the four corners of the pan with five apples that have been cored and quartered. Cover apples with one cup of brown sugar. Put enough hot water in pan to cover the ham, but do not cover the sugar or apples. Bake in a moderate oven for one hour.

M. H. R.

### **Stuffing for Turkeys and Chickens.**

One-third cup melted butter	One-third level teaspoon pepper
One-half level teaspoon salt	Two level cups soft, fine bread crumbs
One-half level teaspoon powdered thyme or poultry seasoning	

Mix all the ingredients together. The bread should have been baked twenty-four hours. The quantity given is enough for one chicken. Double the quantities for a ten pound turkey.

A. L. M.

### **Hague Chop Suey.**

Two cups Hamburg steak  
One cup of tomato sauce

Two cups of boiled spaghetti  
Seasoning

Put cooked spaghetti, sauce, and meat into hot greased frying pan; stir and cook, until ready to serve. Season with salt, pepper, Worcestershire sauce, celery salt, parsley, or Tabasco sauce.

John Parsons.

### **Meatless Mince Meat.**

One cup of bread crumbs  
Three cups of apples  
One cup of raisins  
One-half cup of sugar  
One cup of molasses

One-half cup of vinegar or cider  
One teaspoon of cassia  
One teaspoon of salt  
One-quarter teaspoon of allspice  
One-quarter teaspoon of nutmeg

One lemon

Add, if desired, suet, salt pork and more fruit.

Mrs. McCarthy.

### **Mince Meat.**

Five pounds chopped beef  
Two lemons, juice and rind  
Two oranges, rind and juice  
Two quarts of cider  
One tablespoon of salt  
One-half pound of suet

Two quarts of apples  
One pound of raisins  
One-half pound of currants  
One ounce of nutmeg  
Two cups of molasses  
Six pounds of brown sugar

One ounce each of cinnamon, clove and allspice

Can while hot.

Mary A. Hanafin.

### **Baked Cream Chicken with Mushrooms.**

Cook two tablespoons of flour in two tablespoons of butter; when frothy add gradually one pint of hot milk, then add half a small onion, finely chopped, a sprig of parsley, a dash of cayenne, one-half teaspoon of salt and one teaspoon of lemon juice. Stir and cook until thick, strain, add one and one-half cups of diced cooked chicken, two-thirds can of mushrooms cut in halves and one diced hard-cooked egg. Turn into a buttered dish, sprinkle with crumbs, dot with butter, bake until brown and garnish with parsley before serving.

L. M.

### **Creamed Chipped Beef.**

Put a piece of butter size of an egg in frying pan. When melted add one-quarter pound chipped beef, let fry until well browned, stirring often to keep from burning. When well browned add one pint of milk. When it boils thicken with two tablespoons of flour blended with water.

A. M. M.

### **Maryland Fried Chicken.**

Clean, singe and cut in pieces for serving two young chickens. Plunge in cold water, drain but do not wipe. Sprinkle with salt and pepper and cover with flour, having as much flour adhere to the chicken as possible. Cut one pound of fat salt pork in small pieces and try it out. Cook the chicken slowly in fat until tender and well browned. Serve with white sauce made with half milk and half cream. E. C.

### **Breaded Lamb Chops.**

Wipe chops, sprinkle with salt and pepper, dip in crumbs, beaten egg, and crumbs; fry in deep fat about seven minutes and drain. Never fry but three at a time, and allow fat to re-heat before frying. After testing fat, put in chops and place kettle back on range, so that the outside of chop may not be too brown, while inside is still under done. Mrs. Ashley.

### **Pan-broiled Chops.**

Heat a frying pan very hot. Wipe the chops and trim them. Put them into hot frying pan and turn them every ten seconds for three minutes. Then cook them more slowly, turning them occasionally until they are done. The average chop requires about eight minutes. J. M.

### **Irish Stew with Dumplings.**

Wipe and cut in pieces three pounds lamb. Put in kettle, cover with boiling water and cook slowly about two hours, or until tender. After cooking one hour, add one-half cup each carrot and turnip cut in cubes, one onion cut in small slices. Fifteen minutes before serving add three cups boiled potatoes. Thicken with six tablespoons flour, diluted with enough cold water to form a paste. Season with salt and pepper. Serve with dumplings.

### **Kidney Stew.**

Carefully wash the kidneys and boil until tender. Set aside to cool. When quite cool cut in tiny squares, remove all fat. Place in stew pan with one tablespoon butter, little salt, dash of pepper, and a large cup of milk. Simmer gently for half an hour, then thicken with a tablespoon of flour, wet with a little cold milk. Serve on platter with small squares of dry toast. A. Barber.

### **Tripe Fried in Batter.**

Wipe tripe and cut in pieces for serving. Sprinkle with salt and pepper, dip in batter, fry in small quantity of hot fat and drain.

### **Batter for Tripe.**

Mix one cup of flour with one-fourth teaspoon salt. Add gradually one-half cup cold water, and when perfectly smooth add one egg well beaten, one-half teaspoon vinegar, and one teaspoon melted butter. M. J. C.

# VEGETABLES.

"The common growth of Mother Earth suffices me."

## Italian Potato Balls.

Boil six medium sized potatoes. Mash potatoes. Season with salt and pepper and add one cup of bread crumbs, some chopped parsley, and a little chopped onion and garlic. Add two beaten eggs. Mix well. Shape into balls on a tablespoon and fry in smoking hot fat until brown. Drain on soft paper. M. Cahill

## Potato Cakes.

Mash thoroughly potatoes just boiled. Add a little salt, butter and cream. Make into little cakes and fry brown on both sides. M. J. C.

## Potato Croquettes.

Parboil and mash six good-sized potatoes. Add one tablespoon of butter, two-thirds cup of hot milk, whites of two eggs well beaten, salt and pepper to taste. When cool enough to handle, work into shape. Roll in egg and crumbs and fry in hot lard. M. Cahill

## Potatoes Roasted With Meats.

To roast potatoes with beef, poultry and other meats, pare the potatoes, lay them in a pan and cook them in the gravy. Both white and sweet potatoes may be roasted in the same pan with the meat. Jessie Monteith.

## Macaroni and Cheese.

Two cups of macaroni	Two cups white sauce
Three-fourths cup grated cheese	One-half teaspoon of salt

Boil macaroni; when soft add white sauce. Put in baking dish, cover with buttered crumbs and bake in hot oven. Mrs. D. Thompson.

## Stewed Celery.

Wash and scrape celery; cut in one-half inch pieces, and boil until tender. Drain, and serve with vegetable sauce; make as white sauce, using one-half celery stock and one-half cup milk for each two cups of celery. Sauces for vegetables may be thickened with twice the usual quantity of flour if the vegetables are very moist. E. B. C.

### **Baked Tomatoes.**

Wash ripe tomatoes; cut in halves crosswise, and place, skin down, in a shallow baking dish. Sprinkle with salt and pepper, and put bits of butter on top; bake till soft, 20 to 30 minutes; eat with sugar if desired.

Serve each half tomato on a slice of buttered toast. A small green pepper may be chopped fine and mixed with the salt and pepper, and sprinkled over the tomatoes before the butter is put on. Allow one pepper and one-half teaspoon salt and one tablespoon butter for four medium-sized tomatoes.

The baked tomatoes may be served with a thick sauce, made by using one tablespoon flour, one tablespoon butter, and a speck of pepper, to one-half cup milk, or strained tomato juice.

M. L. M.

### **Fried Tomatoes.**

Slice firm tomatoes and dip in beaten egg and then in cracker crumbs and fry in butter. Add salt, pepper and a little sugar. Mrs. M. C. Creutz.

### **Stuffed Green Peppers.**

Cut the tops from the bell of the peppers carefully and remove the seeds. Chop very fine one small onion and one large tomato from which the skin has been removed. Add an equal amount of bread crumbs and salt and pepper to taste. Moisten it with melted butter. Fill the peppers with this mixture, replace the tops and bake for twenty minutes in a slow oven.

Mrs. M. C. Creutz.

### **Cheese Potatoes.**

Six potatoes

Two tablespoons of butter

Two tablespoons of flour

One cup of soup stock

One cup of milk

Four tablespoons of grated cheese

Yolks of two eggs

Salt and red pepper

Boil the potatoes. Melt butter and add flour. Mix till smooth. Add soup stock and milk and boil for five minutes. Take from stove and add cheese, eggs, salt and red pepper. Put a layer of potatoes on the bottom of baking dish and then a layer of sauce and so on till dish is filled. Cover with bread crumbs. Bake in quick oven for ten minutes.

### **Italian Potato Omelet.**

Heat in frying pan one-fourth cup cooking oil and fry one chopped onion and a little chopped parsley. Add one quart sliced potatoes. Cover and cook until soft. Uncover and pour three beaten eggs over potatoes. Season with pepper and salt. Cook until omelet is firm and turn out on a hot platter.

M. M. D.

### **Sugared Sweet Potatoes.**

Cut in slices cold sweet potatoes. Put in shallow dish a layer of potatoes, pieces of butter and sprinkle with brown sugar. Bake until brown.

### **Creamed Potatoes.**

One-quarter cup of milk                      One-eighth teaspoon of salt  
One-half tablespoon of butter              A few grains of pepper

Cut the potatoes in slices and allow the above amount for each cupful. Heat milk and add the potatoes and stir slowly until they have absorbed nearly all the milk; add seasoning and stir until well mixed; cook for five minutes and serve hot. One teaspoon of chopped parsley may be added.

Katherine Trainor.

### **Creamed Cauliflower.**

Remove leaves from cauliflower, cut off stalk, soak thirty minutes head down in cold water to cover. Cook (head up) for twenty minutes, or until soft, in boiling salted water. Drain separate flowerets and reheat in one and one-half cups white sauce.

*White sauce*—Two tablespoons butter, two tablespoons flour, cup milk, one-quarter teaspoon salt, few grains pepper. Cream butter and flour, stir in hot milk. Cook until it thickens. Season.

Mrs. J. C.

### **Stuffed Onions.**

Remove skins from onions and parboil ten minutes in boiling salted water to cover. Let cool and remove part of centre. Fill cavities with chopped cooked chicken, stale soft bread crumbs, and the onion which was removed, also chopped fine. Season with salt and pepper and moisten with cream or melted butter. Sprinkle with buttered crumbs, after placing them in a buttered pan, and bake in moderate oven until onions are soft.

A. M. M.

### **Fried Parsnips.**

Wash parsnips and cook about fifty minutes in boiling salted water. Drain, plunge in cold water, when skins will be found to slip off easily. Mash, season with butter, salt and pepper. Make in flat round cakes, roll in butter, and fry in butter.

M. K. M.

### **Corn Fritters.**

Scrape the corn from six ears, add two well beaten eggs, one teaspoon salt, three teaspoons of baking powder added to enough flour (well sifted) to make a thin batter. No milk required. Have ready a frying pan with hot lard and a little butter. Drop from tablespoon, cook quickly, place on brown paper in oven. Serve hot.

M.

## SALADS and SALAD DRESSING.

"To make a perfect salad there should be a spendthrift for oil, a miser for vinegar, a wise man for salt, and a madcap to stir the ingredients up and mix them well together."

### French Dressing.

One-half teaspoon salt	Four tablespoons oil
One-quarter teaspoon pepper	Two tablespoons vinegar

Mix the salt and pepper, add slowly the oil, stirring constantly; add the vinegar. This rule with a green salad will serve six persons.

Mrs. Joseph Ryan

### Salad Dressing.

Into a bowl put one tablespoon sugar, one-half teaspoon salt, one-half teaspoon dry mustard, one tablespoon soft butter.

Beat until smooth; add 2 eggs well beaten and three-fourths cup of milk; heat in double boiler to boiling point, add one-half cup vinegar and cook until like custard. Let cool and serve.

Mrs. Annie G. Malley.

### Foch Salad.

Four eggs	Salad dressing
	Lettuce

Separate the yolks of eggs that have been hard cooked. Chop whites fine, marinate with French dressing and arrange on lettuce leaves. Force yolks through a potato ricer and pile on the center of whites. Serve with French Dressing.

Mrs. Costigan.

### Boiled Dressing.

One-half tablespoon of flour	Speck of cayenne pepper
One teaspoon of mustard	One egg
One tablespoon of sugar	Two-thirds cup of milk
One teaspoon of salt	Two tablespoons of butter
	One-quarter cup of hot vinegar

Mix the dry ingredients. Beat the yolk of egg and add to dry mixture. Add milk slowly, then vinegar. Cook mixture. Stir till it thickens. Add the butter and stir. Beat the white of egg and add to mixture

Mrs. Nicholson.

### **Cheap Russian Dressing.**

Three tablespoons of Sniders chili sauce	One-half teaspoon of salt
Two tablespoons of chopped pimentos	One-half teaspoon of paprika
One-half teaspoon of powdered sugar	One tablespoon of olives
One cup of salad oil	Speck of pepper
One-half teaspoon of mustard	One egg
One tablespoon of Tarragon vinegar	

Mix the dry ingredients, add vinegar, put in egg; be careful not to break the yolk. Put in one-third cup of oil and beat with egg beater one minute. Add another one-third cup of oil and beat, then add last one-third and beat. To this add the chili sauce, pimentos and olives. M. H. R.

### **Potato Salad.**

Five or six boiled potatoes	One-half teaspoon of salt
One-half small onion, cut fine	One tablespoon of sugar
Parsley	Yolks of two eggs
One-half teaspoon of mustard	One-half cup of oil
One-half teaspoon of pepper	Two tablespoons of vinegar

Cut potatoes in dice shape. Use only a small quantity of parsley. Beat together the mustard, pepper, salt, sugar and eggs. Add slowly the oil, beating with a fork; then add the vinegar. Pour over potatoes. Add slices of hard cooked egg and pieces of beet if desired. Mrs. Shaw.

### **Mayonnaise Dressing.**

One teaspoon sugar	Speck cayenne
One teaspoon dry mustard	One egg
One teaspoon salt	Three-fourths cup oil
One-fourth cup vinegar	

Mix in a bowl the sugar, salt, cayenne, mustard, and beat until smooth. Add egg, unbeaten, vinegar, and one-third of oil. Beat with Dover egg beater one minute. Add one-third more of oil and beat. Add remainder of oil and beat two minutes. Every ingredient should be cold before combining. Mrs. A. J. Malley.

### **Salad Combinations.**

Lettuce and tomatoes	Lettuce, tomatoes and lima beans
Lettuce, tomatoes and green peas	Lettuce and chicken
Lettuce and asparagus tips	Lettuce and lobster
Lettuce, tomatoes and onion	Lettuce and shrimp
Lettuce, onion and celery	Lettuce and salmon
Lettuce, celery and apples	Lettuce and sardine
Lettuce, tomatoes and cheese	Lettuce and egg
Lettuce and radishes	Lettuce, fruits and nuts
Lettuce and pineapple	Lettuce, prunes and pecans
Lettuce, potatoes and egg	Lettuce and potatoes and beet
Water cress or dandelion may be used instead of lettuce.	

# PUDDINGS and DESSERTS.

"The proof of the pudding is in the eating."

## Apple Snow.

Four baked apples or one cup of apple sauce  
One egg white                      Few drops of lemon juice  
Two or three tablespoons of sugar

Press the apples through a strainer. Beat the white of the egg until stiff, add sugar and lemon juice. Gradually beat in apples. Serve cold with custard. M. O'B.

## Soft Custard.

Yolk of one egg                      Speck of salt  
Two tablespoons of sugar              One cup of hot milk

Beat the yolk and add the sugar and salt. Add milk slowly. Cook in double boiler until thick and will coat the back of a spoon. Flavor, strain and cool. J. P.

## Cream Tapioca.

One pint of milk                      One egg  
One-quarter cup of minute tapioca      Speck of salt  
Two tablespoons of sugar              One teaspoon of vanilla

Scald milk. Cook tapioca till transparent. Add sugar and beaten yolk of egg, and salt. Put in double boiler again and let cook until thick, stirring constantly. Beat the white of the egg and add. Remove from stove, flavor. Serve cold. M. J. C.

## Peach or Apple Tapioca.

One pint of boiling water              Speck of salt  
One-quarter cup of minute tapioca      Two tablespoons of sugar  
Two cups of chopped apples or peaches

In the double boiler cook the water or the syrup from canned fruits, and tapioca till transparent. Add salt, sugar and fruit. When soft turn into moulds and serve hot or cold. L. O. J.

## Prune Whip.

One pounds of prunes                      Whites of four eggs  
One cup of powdered sugar

Stew the prunes in as little water as possible. Stone and chop in small pieces. Beat eggs till stiff and add the sugar. Bake in moderate oven for time long enough to brown. Mrs. N. J. Devlin.

### **Cornstarch Blanc Mange.**

One and one-half cups of milk	Speck of salt
Four tablespoons of cornstarch	One-half cup of cold milk
Two tablespoons of sugar	One-half teaspoon of extract

Scald the milk. Mix in a bowl the cornstarch, sugar, salt. One teaspoon of cocoa may be added. Add cold milk and stir slowly. Add hot milk and put in top of double boiler. Cook over fire till thick. Cook over boiling water for 15 minutes. If no cocoa has been added flavor with extract. Turn in moulds and serve cold with cream.

H. J. O.

### **Suet Pudding.**

One cup of molasses	One-half cup of currants
One cup of milk	Three cups of flour
One cup of chopped suet	One teaspoon of soda
One cup of raisins	One and one-half teaspoon of salt
One-half teaspoon of ginger, cloves and nutmeg	

Sift dry ingredients. Mix in order given. Put in greased mould and steam three hours.

Mrs. Donohue.

### **Spanish Cream.**

One-half package of Swampscott gelatine	One teaspoon of salt
One-half cup of sugar	One quart of milk
Yolks of three eggs	Two teaspoons of vanilla

Soak gelatine in one-half cup of cold milk. Scald remainder of milk. Add milk to sugar and salt and beat in yolks of eggs. Cool until thick. Add soaked gelatine. Beat the whites of eggs stiff. Mix together; add the vanilla. Set away to cool.

Mrs. Griffin.

### **Chocolate Sauce.**

One tablespoon of butter	One square of chocolate
One-half cup of milk or cream	
One-half cup of sugar, dissolved in a little hot water	

Dissolve the chocolate over kettle. Add sugar to butter. Mix together. Thin with milk before serving.

Mrs. Parsons.

### **Coffee Mousse.**

One quart of cream	Two tablespoons of cold water
One cup of hot, strong coffee	One cup of sugar
One-quarter box of gelatine	

Soak gelatine in cold water and add to coffee and sugar. Set in pan in ice water and stir until it begins to thicken, then fold in whipped cream. Pour in a mould. Cover and pack in ice and salt and let stand four hours.

Miss D. Redding.

### **Dutch Apple Pudding.**

One tablespoon butter	One egg
One-half cup sugar	Four teaspoons baking powder
One cup milk	Two cups flour
One-half teaspoon salt	Three apples, sliced
Speck of cinnamon	

Mix butter, sugar, egg and milk together; sift in baking powder, flour, salt and cinnamon. Beat. Put batter in greased pan, sliced apples on top. Sprinkle with sugar. Serve hot with any kind of sauce.

Mrs. J. M. Reidy.

### **English Plum Pudding.**

One pound beef suet	Six eggs
One pound raisins	One teaspoon cinnamon
One pound currants	One teaspoon cloves
One pound brown sugar	One teaspoon nutmeg
One pound bread crumbs	One cup of flour
One-half pound citron and lemon peel, mixed	

Chop suet fine, mix in the order given; put pudding in bag and boil six hours; serve with sauce.

Mrs. Frank Loughran.

### **Marshmallow Charlotte Russe.**

Whip one pint heavy cream until stiff; fold in one-half cup powdered sugar, the stiffly beaten whites of two eggs, one teaspoon vanilla, one cup marshmallows (cut into small pieces) and one-half cup chopped walnuts. Line a mould with lady fingers; fill with the cream and place on ice for one hour before serving.

L. M.

### **Plum Pudding.**

One pound currants	One-quarter teaspoon cinnamon
One pound raisins (chopped)	One-quarter teaspoon cloves
One-quarter pound citron	One teaspoon baking powder
One-half pound brown sugar	One and one-half grated nutmegs
One-half pound flour	Four eggs
One-quarter pound bread crumbs	One and one-half lemons
One-half cup molasses	One and one-half cups brandy
One-half pound suet (chopped very fine)	

Mix flour, sugar, molasses; then the well-beaten eggs, next the suet and juice of lemons, then the fruit mixed well; next add baking powder and the brandy. Steam five hours.

Mrs. Robert Hyland.

### **Apple Tapioca Pudding.**

One cup of tapioca	One teaspoon of lemon extract
One-half cup of sugar	Two or three apples

Soak tapioca over night and add sugar and extract. Cut up apples and place on top. Bake until apples are soft.

Miss M. McNamara.

## Cottage Pudding,

One-half teaspoon of salt	Three-quarters cup of sugar
Four teaspoons of baking powder	Three tablespoons of melted butter
Two cups of flour	One egg
	One cup of milk

Mix in order given. Bake in moderate oven for about twenty minutes.  
Serve with hot sauce. Mrs. M. Sullivan.

### Vanilla Sauce for Pudding.

One cup of boiling water	One tablespoon of melted butter
One cup of sugar	One egg
One-half teaspoon of vanilla	

Boil water and sugar for five minutes. Add butter. Beat egg and add. Stir over the fire until it thickens. Add vanilla. Mrs. M. Sullivan.

## Rice Pudding

Three cups boiling water	Two cups of milk
One cup of rice	Two eggs
One teaspoon of salt	One-half cup of sugar
	Flavor to taste

Boil the rice with the salt and water. Beat the eggs and add milk, sugar and flavoring. Bake twenty minutes. Miss M. McNamara.

### Bread Pudding.

Pieces of bread (about 2 cups)	One teaspoon of nutmeg
One-half cup of raisins	One teaspoon of cinnamon
One-half cup of sugar	Two eggs
Two cups of milk	

Soak the bread in milk till soft. Beat the eggs and add spice, milk, sugar and raisins. Bake thirty minutes in moderate oven.

## Snow Pudding.

One-half box of Swampscott gelatine	Juice of two lemons
One cup of cold water	Sugar to taste
One cup boiling water	Whites of two eggs
	Speck of salt

Pour cold water over gelatine. Let stand one-half hour. Add boiling water, lemon, sugar, and let cool. Beat the whites of eggs to a stiff froth. Beat with gelatine and pour in moulds. Mrs. Drumgoole.

### Eggless Rice Pudding.

One-half cup of rice	One-quarter cup of sugar
One-quarter teaspoon of salt	Two quarts of boiling water

Mix together. Put in deep pudding dish, and bake slowly for three hours.

M. A. Starkey.

### **Stuffed Prunes.**

One pound of prunes

Soak the prunes over night and stuff with chopped nuts, raisins or apricots. Dates may be used instead of prunes. Marshmallow may be used instead of nuts, etc.

S. A. C.

### **Steamed Pudding.**

Two eggs	One cup of currants
One cup of suet chopped fine	One cup of molasses
One cup of sweet milk	Two cups of flour
Two cups of raisins	One teaspoon of soda
One teaspoon each of cloves, cinnamon, nutmeg	

Steam three hours.

Mrs. MacCalduff.

### **Thanksgiving Pudding.**

One-third cup of suet	One-half teaspoon of nutmeg
One-half pound of figs	One-half cup of raisins
Three-quarters cup of milk	Two tablespoons of flour
One cup of brown sugar	Four eggs
One teaspoon of salt	Two teaspoons of baking powder
Three-quarters teaspoon of cinnamon	
Two and one-half cups of bread or cracker crumbs	

Heat milk, add crumbs, flour, spices and baking powder. Beat eggs and add to other ingredients. Steam in tin three hours.

Catherine M. McDonald.

#### *Sauce for Pudding*

Two eggs	One cup of sugar
Three tablespoons of wine	

Stand bowl in hot water while beating.

Catherine McDonald.

### **Banana Snow,**

Mash two bananas and beat with white of one egg and juice of one lemon. Then add one-half cup of sugar and beat again. In a short time you will have a delicious bowl of banana snow. This may be served with plain cake, pudding or gelatin.

Mrs. Mitchell.

# PIES and CAKES.

"No soil upon earth is so dear to our eyes,  
As the soil we first stirred in terrestrial pies."

## One Egg Cake.

One-fourth cup butter	One-half cup milk
One-half cup sugar	One and one-half cups flour
One egg	One-fourth teaspoon salt
Two and one-half teaspoons baking powder	

Cream the butter, add sugar gradually and egg well beaten. Mix and sift flour and baking powder, add alternately with milk to first mixture. Bake thirty minutes in a shallow pan. Spread with chocolate frosting.

Mrs. A. J. Wolfe.

## Fruit Cake.

One-half package raisins	Two teaspoons cinnamon
One and one-half cups sugar	Two tablespoons butter or shortening
Two cups boiling water	

Mix all together and boil until mixture bubbles. Let cool. Then add two cups flour, one teaspoon baking soda and one and one-half teaspoon salt. Bake in moderate oven one hour.

Mrs. J. M. Reidy.

## Thanksgiving Cake.

One cup brown sugar	One-half teaspoon cloves
One cup raisins	One-half teaspoon cinnamon
One cup water	One-half teaspoon nutmeg
Two tablespoons lard or dripping	One-half teaspoon allspice

Boil these for five minutes and let cool.

One-half teaspoon soda dissolved in one-half cup boiling water; add to the above when cooled. Then add two cups of flour and one teaspoon baking soda, and bake in a slow oven forty-five to fifty minutes.

Miss Katherine G. Loftus.

## Spice Cake.

One-half cup butter substitute	One teaspoon ginger
One cup sugar	One-half teaspoon allspice
One cup molasses	One-quarter teaspoon cloves
One cup sour milk	Two and one-half cups flour
One teaspoon cinnamon	One cup seedless raisins

Cream shortening and sugar; add molasses, spices and sour milk, in which a teaspoon of soda has been dissolved, sift flour and beat into mixture. Bake about forty minutes.

Mrs. M. L. Lavin.

### **Custard Pie.**

One tablespoon flour	Pinch of salt
One cup sugar	Pinch of grated nutmeg
Yolks of three eggs	Whites of three eggs
One pint of milk	

Stir flour and sugar thoroughly, add to the yolks of the eggs, and beat well. Then add salt, nutmeg, and well-beaten whites. Lastly add the milk. Make an undercrust, and add above filling. Bake about thirty minutes.

Mrs. Margaret Gill.

### **Orange Pie.**

Three-quarters cup sugar	Three tablespoons orange juice
Three-quarters cup boiling water	Grated rind of one orange
Three tablespoons cornstarch	One teaspoon butter
Two egg yolks	One tablespoon lemon juice

Mix cornstarch and sugar, add boiling water, stirring constantly. Cook two minutes, add butter, egg yolks, and rind and juices. Line plate with paste same as for the above pies. Turn in mixture which has been cooled, and bake until pastry has been well browned. Cool slightly and cover with meringue; then return to the oven and bake the meringue.

Mrs. J. C. Zimmerman.

### **Lemon Pie (No. 1).**

One tablespoon of cornstarch	Two yolks of eggs
One cup of boiling water	Rind and juice of two lemons
One-half cup of sugar	One tablespoon of butter

Mix cornstarch with a little cold water, add boiling water, and let boil; add sugar, yolks of eggs, and the lemons and butter. Cool mixture, line plate with crust; while crust is baking beat the whites of eggs, one heaping teaspoon of powdered sugar, to a froth. Pour filling in crust, and spread whites over the top. Brown in hot oven.

Mrs. Finnerty.

### **Lemon Pie (No. 2)**

One cup of boiling water	Two yolks of eggs
Two-thirds of a cup of sugar	Juice and rind of one lemon
One and one-half tablespoon cornstarch, mixed with a little water	

Add to cornstarch cup of water (be sure the water is boiling). Let boil for two minutes, then add other ingredients until it thickens. Before removing from fire add piece of butter size of walnut. When ready to serve put in baked pie crust, beat up white of eggs stiff. Add two teaspoons of granulated sugar. Set brown.

Mrs. Shaw.

### **Squash Pie.**

Two cups of squash  
One or two eggs  
One-half cup molasses

One teaspoon cinnamon  
One-half teaspoon ginger  
One-half teaspoon salt

Mix squash and molasses. Add seasoning and beaten eggs and milk.  
Bake in pastry lined pie plate until firm. Mrs. Nicholson.

### **Mince Pie.**

One package None Such mincemeat    Small portion of suet  
One and one-half pounds beef    One level teaspoon allspice  
Six or seven good-sized apples    One-half cup cider  
One package raisins    One small cup sugar  
One-quarter teaspoon salt

Mix in order given, and after making crust, add above filling. This amount makes enough for three large pies. The mince must be made the day before. Mrs. Lynch.

### **Mock Cherry Pie.**

One cup of cranberries, cut in halves; put in colander and shake seeds out. One cup raisins cut up, one tablespoon flour, one cup of sugar and stir well together. One cup boiling water, a pinch of salt, a little vanilla, eight drops almond extract. Bake with two crusts.

Margaret R. Gibson.

### **Pumpkin Pie.**

One and one-half cups pumpkin (cooked)  
Two-thirds cup brown sugar    Two eggs  
One teaspoon cinnamon    One and one-half cups milk  
One-half teaspoon ginger    One-half cup cream  
One-half teaspoon salt

Mix in order given and pour into a pastry lined dish or pie plate and bake in a moderate oven until firm. Mrs. P. W. Lynch.

### **"Pershing" Pie.**

One cup of sugar    Thirty drops of vanilla  
One and one-half cups of milk    One-half cup of butter  
Two cups of flour    Two eggs  
One-half teaspoon of salt  
Two and one-half teaspoons of baking powder

Cream butter and sugar and add milk, eggs well beaten, salt, melted butter, vanilla, also sift flour and baking powder, and add. Put in three small pie plates and cook forty-five minutes. Fill with mocha filling, one cup of powdered sugar, two tablespoons butter, two teaspoons of cocoa, two tablespoons of coffee, one teaspoon of vanilla. Mix and spread between layers.

H. M. C.

### **Pie Crust for One Pie.**

Four tablespoons lard                      One and one-half cups flour  
One teaspoonful salt

Rub the lard into the flour and salt. Add enough cold water to make a stiff dough. Chill and roll out on a slightly floured board. A speck of baking powder may be added. Handle as little as possible, because too much handling makes the dough stiff and heavy. Mrs. P. J. Trainor.

### **Apple Pie.**

Four or five apples                      One-eighth teaspoon salt  
One-half cup sugar                      One teaspoon butter  
One-quarter teaspoon grated nutmeg   One teaspoon lemon juice  
Few gratings lemon rind

Line plate with paste. Pare, core, and cut the apples into eighths, put row around plate, one-half inch from the edge, and work towards the centre until the plate is covered, then pile on the remainder. Mix the sugar, nutmeg, salt, lemon juice, and grated rind, and sprinkle over apples. Dot with butter, and put on the top crust. Press edges firmly together and bake in a moderate oven about forty-five minutes. Mrs. O'Toole.

### **Blueberry Pie.**

Two and one-half cups berries           One-half cup sugar  
Flour                                      One-eighth teaspoon salt

Line a deep pie plate with plain paste, fill with berries slightly dredged with flour, sprinkle with sugar and salt, cover with crust and bake forty-five to fifty minutes in a moderate oven. For sweetening some prefer to use one-third molasses, the remaining two-thirds to be sugar. Six green grapes (from which seeds have been removed) cut in small pieces, much improve the flavor, particularly where huckleberries are used. Mrs. Hennessey.

### **Plain Layer Cake.**

One-half cup butter                      Three cups flour  
One and one-half cups sugar           Juice and rind of one lemon  
One cup milk                              Four eggs  
Two teaspoons baking powder

Bake in layer tins, in a moderate oven. Mrs. Margaret O'Driscoll.

### **Lily Cake.**

Whites of three eggs                      One cup of milk  
Two-thirds cup of butter               Two and one-half cups of flour  
One and three-quarter cups of sugar   Three teaspoons of baking powder  
One teaspoonful of vanilla

Mary MacCalduff.

### **Soldier Boy Cake.**

One cup of raisins	Two cups of flour
One cup of sugar or molasses	One teaspoon soda
One-half cup of melted shortening	One-half teaspoon of cinnamon
One cup of coffee, left over from breakfast	
One-half teaspoon of nutmeg and cloves	

Boil together coffee and shortening three minutes. Sift together dry ingredients. Mix all together and beat. Pour into baking pans (do not have too thin). Bake slowly one hour. Do not cut it the day you bake. J. S. D.

### **Peace Cake.**

Two tablespoons of butter	Three-quarters cup of milk
Three-quarters cup of sugar	One and one-half cups of flour
Two eggs	
Two and one-half teaspoons of baking powder	

Mix in order given and beat well. Bake forty minutes. Split into layers. Spread between the layers and ontop this frosting; one cup of sugar, one cup of brown sugar, one-half cup of water, whites of three eggs beaten. Boil together until creamy and spread on cake. Mrs. Costigan.

### **Pound Cakes.**

One-third cup butter	Yolks of two eggs, well beaten
One-half cup sugar	One-half teaspoon baking powder
One-half tablespoon milk	Three-quarters cup flour
One-quarter teaspoon salt	Whites of two eggs beaten stiff

B. Salloway.

### **MacDonald Cake.**

One cup of butter creamed	One-half cup of corn starch
One and one-half cups of sugar	One teaspoon cream of tartar
One teaspoonful of vanilla	One-half teaspoon of soda
One-half cup of milk	
One and one-half cups of pastry flour	
Four whites of eggs	

Mrs. Laberty.

### **Layer Cake.**

Two tablespoons molasses	Little nutmeg
Four tablespoons melted butter	One cup sugar
One teaspoon salt	One egg
One teaspoon cinnamon	One cup sour milk
One-quarter teaspoon cloves	Two cups flour
	One teaspoon soda

Anne McDonough.

### **Mocha Filling.**

One cup confectioners' sugar	One tablespoon butter (melted)
Two tablespoons cocoa	Two tablespoons hot coffee

Pour coffee over the mixture and beat until creamy. Spread between and over cake. Mrs. Laberty.

### **Enterprise Cake.**

One cup sugar	One teaspoon nutmeg
One cup sour milk	One-quarter teaspoon clove
Two cups flour	One cup chopped raisins
One teaspoon soda	One-half teaspoon salt
One teaspoon cinnamon	
One-half cup butter or beef drippings	

This is a dark cake without eggs.

M. Cahill.

### **Chocolate Cake.**

Two cups brown sugar	One-half cup sour milk
One-half cup butter, melted	One teaspoon salt
One-third cake chocolate or	One level teaspoon baking powder
Three tablespoons cocoa	One level teaspoon soda
Two eggs	One-half cup cold water

One teaspoon vanilla flavoring

Bake in three layers in very moderate oven.

#### *Cream Frosting for Chocolate Cake*

Add about one cup powdered sugar to enough cream to spread well, and flavor with a little vanilla. Mary A. Hanafin.

### **Chocolate Cake (No. 2).**

One-half cup butter	One and one-half cups flour
One cup sugar	Two ounces chocolate, melted
Two eggs	One-half teaspoon vanilla
One-half cup milk	One-fourth teaspoon salt

Two and one-half teaspoons baking powder

Cream the butter, add sugar gradually and egg yolks well beaten, then whites beaten until stiff. Add milk, flour mixed and sifted with baking powder and salt, and beat thoroughly. Then add chocolate and vanilla. Bake forty minutes in a shallow cake pan. Mrs. A. J. Wolfe.

### **Substitute Cake.**

Three-eighths cup of fat	One cup of mashed potato
Two squares of chocolate	Three teaspoons of baking powder
Two eggs	One-half teaspoon salt
One and one-eighth cups of flour	One-half teaspoon of vanilla
One-half cup of sugar, one-half cup Karo syrup	

Mrs. Russell.

### **Black Cake.**

One level cup sugar	One-half cup milk
Three eggs, beaten light	Two level cups flour
Four tablespoons butter	One-half level teaspoon salt
Two ounces melted chocolate	One-half level teaspoon cinnamon
Two and one-half level teaspoons baking powder	

Cream the butter and sugar, add the eggs beaten light, add the melted chocolate and milk. The flour, baking powder, cinnamon and salt should be sifted together four times. Bake twenty-five to thirty minutes.

Mrs. P. Gearin.

### **Cream Puffs.**

Melt a half a cup of butter in one cup of hot water. While boiling beat in one cup of flour. When cool stir in three eggs, one at a time, without beating. Then beat well. Drop the mixture on tins in small spoonfuls and bake in moderate oven.

*Filling.* One and one-half cups of milk, two eggs, four tablespoons of flour, sugar to taste. Cook in double boiler.

*Another Filling.* Whip one cup sweet, thick cream, stir in one cup mashed strawberries, fresh or canned, and add sugar to taste.

Mrs. T. Mitchell.

### **War Cake.**

Two cups brown sugar	One package seedless raisins
Two cups hot water	One teaspoon cinnamon
Two tablespoons butter	One teaspoon cloves
	One teaspoon salt

Boil all together for five minutes after they commence to bubble. When cold add four cups of flour and one teaspoon of soda dissolved in hot water. One egg may be added. Bake in two loaves forty-five minutes in a slow oven.

Mrs. White.

### **Washington Pie.**

One-third cup butter	One-half cup milk
One cup sugar	One and one-third cups flour
Two eggs	One-half teaspoon salt
	Two and one-half teaspoons baking powder

Bake in pie tins and add filling.

M. Doherty.

### **Apple Sauce Cake.**

Two cups of apple sauce	Four cups of flour
Two teaspoons of soda	One cup of shortening
One-half teaspoon of cloves	One-half teaspoon of nutmeg
One teaspoon of cinnamon	Two cups of sugar
Two cups of raisins	One-half teaspoon of salt

Bake in a slow oven.

### **Eggless, Milkless and Butterless Cake.**

Two cups brown sugar	Two tablespoons lard
Two cups water	One pound seeded raisins
One teaspoon each of salt and cinnamon	

Boil together for five minutes; when cool add three cups flour and one and one-half teaspoon soda. Bake in slow oven. It is better when a few days old.

Mrs. Fitzgibbon.

### **Thrift Cake.**

One-half cup sugar	One tablespoon lard (or drippings)
One-half cup molasses	One egg
One-half cup milk	One cup raisins
One-quarter teaspoon each mace, clove, cinnamon and salt	
Two and one-half cups flour	One teaspoon soda

Beat eggs well, add the lard, and sugar. Beat again and add milk and molasses. Sift together two and one-half cups of flour, spices and soda; then add raisins and beat to a stiff batter. Bake slowly in a moderate oven.

Mrs. F. W. Doyle.

### **Dark Fruit Cake.**

One and one-half cups flour	One cup raisins
One teaspoon baking soda	Two teaspoons allspice
One cup molasses	One egg
One-half cup sugar	One-fourth teaspoon salt

As much milk as needed to make a drop batter. Mrs. D. F. Reardon.

### **Delicate Cake.**

One-half cup butter	One-half cup milk
One cup sugar	Two eggs (whites only)
Two cups flour	Two teaspoons baking powder
	One-fourth teaspoon salt

Almond, vanilla or lemon extract for flavoring

Mrs. J. M. Ryan.

### **Plain Cake.**

One cup sugar	Three-quarters cup milk
Two eggs	Two teaspoons baking powder
Four tablespoons butter	Two cups flour

Mix together and bake in a moderate oven. Flavor with one-half teaspoon vanilla.

Mrs. Madden.

### **Irish Cake.**

One quart flour	Two tablespoons sugar
One tablespoon baking powder	Two teaspoons salt
One cup raisins	One tablespoon butter
One tablespoon caraway seeds	One pint buttermilk

Mrs. M. Blaney.

# BREAD and ROLLS.

"The very staff of life, the comfort of the husband, and the pride of the wife."

## Buckwheat Griddle Cakes.

One cup of buckwheat flour	One tablespoon of sugar
One-half teaspoon of salt	One cup of milk
Two level teaspoons of baking powder	

Sift the dry ingredients together twice, add milk. Stir well. Fry on hot greased pan. Mrs. Wallace.

## Waffles.

One pint flour	One-half teaspoon of salt
One teaspoon baking powder	Three eggs
One and one-quarter cups milk	One tablespoon melted butter

Add the beaten yolks of the eggs with the milk, then the melted butter and the whites of the eggs last. Serve with lemon syrup or butter.

Mrs. C. Jones.

## Sour Milk Pancakes.

One egg	Speck of salt
One-half teaspoon of soda	One cup of sour milk
Dissolved in a little warm water	One cup flour

Beat well, fry on hot greased pan.

Mrs. Teehan.

## Tea Muffins.

One-third cup of butter	One egg, beaten light
One-quarter cup of sugar	Three-quarters cup of milk
One teaspoon of salt	Two cups of flour
Four teaspoons of baking powder	

Cream the butter and sugar. Add salt, egg, milk and flour. Bake twenty-five minutes.

Mrs. M. T. Leonard.

## Oatmeal Bread.

Three cups of oatmeal	One yeast cake
One tablespoon shortening	White flour
Three tablespoons molasses	One tablespoon salt

Pour boiling water on oatmeal, about one cup, and stir; let cool until lukewarm, then beat lard in, add molasses, mix yeast into one cup of lukewarm water, mix all together, then sift flour in and two tablespoons of salt; stir with spoon, then knead in with flour just like white bread. This makes four loaves and one pan of biscuits.

Mrs. Brooks.

### **Sweet Bread.**

One and one-half cups of water      One cup of sugar  
One tablespoon salt      One half-pound lard  
One yeast cake mixed with one-half cup lukewarm water  
One-half pound of raisins or currants  
One teaspoon each, cinnamon, allspice and caraway seeds  
Flour to make a dough same as white bread

This will make six large loaves.

Mrs. Crutz.

### **Squash Bread.**

Two tablespoon of sugar      One tablespoon of butter  
One teaspoon of salt  
One and one-half cups of scalded milk  
One cup of winter squash, steamed and strained  
One yeast cake, mixed with one-quarter cup lukewarm water  
Use flour enough to knead

Mix sugar and the butter, salt, and squash, and when cool add the yeast and flour. Knead for fifteen minutes, let it rise till light, knead and shape into loaves or biscuits. When well risen, bake.

Mrs. T. Britt.

### **Irish Bread.**

One quart of flour      Two level teaspoons of cream of tartar  
One tablespoon baking powder

Mix together and add the following:

One teaspoon salt      One tablespoon of lard  
Two tablespoons of sugar      One-half cup of raisins

Wet with buttermilk. Bake in a pie plate in a moderately hot oven.

Mrs. Butler.

### **Swedish Rolls.**

Two cups of milk      One-half cup of sugar  
One-half yeast cake      One cup of currants  
One-quarter cup of lukewarm water      Three tablespoons of cinnamon  
Two eggs      Flour to knead  
One-quarter cup of butter      One-half cup of chopped citron  
Two teaspoons of salt

Make as for bread. Let rise twice to double its bulk. Then roll one-quarter inch thick. Roll like a jelly roll, cut in slices. Let rise again. Bake in hot oven fifteen to twenty minutes.

Miss Annie O'Donnell.

### **White Bread.**

Four quarts of white flour      Two tablespoons of sugar  
Two tablespoons of salt      Two tablespoons shortening

Dissolve yeast in cup of lukewarm water. Mix with enough lukewarm water to make a soft dough. Rub shortening over the top to prevent crust. Let rise over night in warm place. Mould loaves. Put in greased pans and let rise until they double their size. Bake in moderately hot oven for about one hour.

Mrs. Lynch.

### **Whole Wheat Bread.**

Two cups scalded milk	One yeast cake dissolved in
One-quarter cup sugar or molasses	one-quarter cup of warm water
One teaspoon salt	Five cups of whole wheat flour

One cup of white flour

Add sweetening and salt to milk, cool, and when lukewarm add dissolved yeast and flour; beat well, cover, and let rise to double its bulk; turn into greased pans, having pans half full. Let rise and bake. Whole wheat bread should not quite double itself in last rising. Mrs. Parsons.

### **Graham Bread.**

Two quarts white flour	Two tablespoons molasses
Three cups graham flour	One tablespoon lard
One tablespoon sugar	One yeast cake
Two teaspoons salt	Lukewarm water to make soft dough
Amount for two loaves and a pan of biscuits.	Mrs. James Ford.

### **Nut Bread (white).**

Three and one-half cups flour	One cup of sugar
One tablespoon lard	One cup of broken walnuts
One teaspoon salt	One egg
Two tablespoons baking powder	
One and one-quarter cups of milk, enough to make a stiff batter	
Mix all well, put in greased pan and bake one hour. Jessie Montieth.	

### **One Egg Muffins.**

Two cups of flour	One-half teaspoon of salt
Four teaspoons of baking powder	One cup of milk
Two tablespoons of sugar	One egg
Two tablespoons of melted butter	
Mix and sift dry ingredients, adding gradually milk, egg well beaten, and melted butter. Bake in buttered pans twenty-five minutes.	
Mrs. Parsons.	

### **Baking Powder Biscuits.**

One quart of flour	One teaspoon of salt
Three tablespoons of baking powder	
Three tablespoons of shortening worked in	
Sift twice. Mix with milk or water, just like bread. Roll light and cut.	
Bake in a moderate oven twelve minutes.	Mrs. Lynch.

### **Johnny Cake.**

Three cups of cornmeal	Two cups of milk
Two cups of white flour	One cup of water
One-half cup of sugar	One teaspoon of salt
Three tablespoons of baking powder	One egg
Mix in order given.	Mrs. M. J. Salway

### Pop Overs.

Two eggs (beaten light)

Two cups of milk

Two cups of flour

One-half teaspoon salt

Beat with Dover egg beater two minutes.

Bake about thirty-five minutes in hot oven. Serve hot. Mrs. Shaw.

### Parker House Rolls.

Two cups of scalded milk

One yeast cake

Three tablespoons of butter

One teaspoon of salt

Two tablespoons of sugar

Three cups of flour

Add butter and sugar to milk, when lukewarm add yeast, dissolved in one-quarter cup of warm water. Mix salt with flour and add. Beat thoroughly; let rise until light, cut down and add sufficient flour to knead. Let rise, put on flour-covered board and cut in regular size. Let rise and bake in hot oven fifteen minutes.

Mrs. M. O'Donnell.

### Corn Muffins.

One and one-half cups of flour

Two eggs

One-half cup of cornmeal

One cup of milk

One teaspoon of salt

Two level teaspoons of baking powder

Butter the size of a small egg

Mix the dry ingredients. Add eggs, milk, and butter. Beat well. Bake in hot oven from fifteen to twenty minutes in buttered gem pans.

Mrs. Doherty.

### Eggless Corn Bread.

One cup corn meal

One teaspoon salt

One-half cup white flour

Two tablespoons shortening

One tablespoon baking powder

One cup of milk

Mix and sift ingredients and add shortening and milk. Beat thoroughly, pour into greased pan and bake in hot oven twenty minutes.

Miss K. A. Loftus.

### Oatmeal Muffins.

Two-thirds cup of oatmeal

One cup of scalded milk

One and one-half cups of flour

One egg

One-half teaspoon of salt

Three tablespoons of sugar

Four level teaspoons of baking powder

Two level tablespoons of melted butter

Turn scalded milk on oatmeal and let cool, add sugar, salt, and melted butter. Sift in flour and baking powder. Mix and add egg well beaten. Bake in buttered pans.

Mrs. M. F. Leonard.

### **Cream of Tartar Biscuits.**

Two cups of flour                      One teaspoon of salt  
Four teaspoons of baking powder      Two tablespoons fat  
Three-quarters of a cup of water and milk in equal parts  
Marion Leonard.

### **Graham Muffins.**

One cup of graham flour              One cup of milk  
One-quarter cup of sugar              One egg  
One cup of white flour              Two tablespoons of melted butter  
Four teaspoons of baking powder  
Mix in order given.                      M. Parsons.

### **Cheese Gingerbread.**

One cup of molasses                      Two cups of flour  
One-third cup of cheese, cut small      One teaspoon of ginger  
One-half cup of water                      One-half teaspoon of salt  
Four teaspoons of baking powder  
Heat molasses and cheese in double boiler. When cheese is melted remove from fire, add other ingredients. Bake fifteen minutes.  
Mrs. Costigan.

### **Ginger Bread.**

One-half cup of butter                      Four teaspoons baking powder  
Two tablespoons of sugar                      One egg  
One-half cup of molasses                      One cup of milk  
Two cups of sifted flour                      Speck salt  
One teaspoon ginger  
Mix all ingredients and pour in the shortening, and egg well beaten. Pour into greased pans and bake in hot oven twenty minutes. Mrs. Giblin.

### **Brown Bread.**

Two cups rye flour                      One-half cup molasses  
Two cups corn meal                      One teaspoon salt  
One cup white flour                      One teaspoon soda  
Use enough sour milk to make a batter. Add little shortening. Mix in order and steam it two and one-half hours in greased brown bread tin.  
Mrs. M. J. Salway.

### **Bran Muffins.**

Two cups of bran                      One-half cup of molasses  
One cup of flour                      One tablespoon of baking powder  
One and one-half cups of milk              One-half teaspoon of salt  
Bake in gem pans forty minutes.                      A. M. M.

### **Soft Ginger Bread.**

Three cups of flour	One teaspoon of cinnamon
One-quarter cup of molasses	Two-thirds cups of sugar
One egg well beaten	One cup of raisins
One tablespoon of shortening	A little salt
Two teaspoons of ginger	Sour milk enough to make soft batter
One and one-half teaspoons baking soda	

Mrs. E. T. Carroll.

## **DOUGHNUTS and COOKIES.**

Dinner may be pleasant,  
So may social tea;  
But yet methinks the breakfast  
Is the best of all the three.

### **Sour Milk Doughnuts.**

One cup of sugar	Flour enough to roll out
One-half teaspoon of soda	Two eggs
One teaspoon of salt	One cup of sour milk
One-quarter teaspoon of nutmeg	
One teaspoon of butter	

Mary MacCalduff.

### **Rocks.**

One and one-half cups sugar	One teaspoon soda in
Four eggs	One teaspoon hot water
One cup butter	One teaspoon cinnamon
Two and one-half cups flour	Pinch of salt
One and one-half cups chopped raisins	
One pound English walnuts (chopped)	

Cream sugar and butter. Beat in the eggs. Flour raisins, put in other ingredients, and put the hot water in. They should be quite stiff when mixed, so they could drop off a spoon.

Mrs. Bradford Wilson.

### **Dainty Vanilla Wafers.**

One cup sugar	Two-thirds teaspoon soda
Two-thirds cup butter	Two teaspoons vanilla
Four tablespoons milk	Flour to roll very thin
One egg	
One and one-half teaspoons cream tartar	

Cut in round cakes, and bake in a quick oven.

Mrs. Melvin L. Breath.

### **Chocolate Doughnuts.**

One cup of sugar	Three teaspoons of baking powder
One egg	Speck of salt
Two tablespoons of butter	Three tablespoons of cocoa

Use flour enough to make a stiff dough. Fry in hot fat and roll in sugar.  
Use small biscuit cutter for cutting. M. M. O.

### **Corn Meal Griddle Cakes.**

One cup of corn meal	One-half teaspoon salt
One cup white flour	Two cups sour milk
One egg	One teaspoon of soda
One tablespoon of butter	

Beat together and cook on hot greased frying pan. A. M. M.

### **Corn Crisps.**

One cup of cornmeal	One teaspoon of salt
Two cups of boiling water	Speck of cayenne
Cheese	

Boil together the corn meal, salt, and water. Add the grated cheese and cayenne. Roll as thin as cookies. Cut and bake three-quarters of an hour.  
Mrs. Tracy.

### **Doughnuts.**

Three-quarters cup of sugar	One-half cup of milk
One egg	Speck of salt
One tablespoon of shortening	Speck of ginger
One and one-half teaspoons baking powder	
Speck of nutmeg	

Cream the butter and sugar and add the egg, sugar, milk. Use flour enough to make a dough. Cut and fry in smoking hot fat.

Mrs. Montieth.

### **Drop Cookies.**

One-half cup butter	Two cups flour
Three and one-quarter cups sugar	Two teaspoons baking powder
One egg	One-half teaspoon salt
One teaspoon vanilla	Milk if needed

Drop on buttered tins with a spoon. Put a raisin on each cookie.

Mrs. White.

### **Brown Sugar Cookies.**

One cup brown sugar	One-half teaspoon soda
One-half cup butter	Little nutmeg
One egg	
One and one-half tablespoons sour milk	

Flour to roll not too stiff

Bake in rather hot oven.

M. A. H.

### **Brownies.**

Two eggs  
One-half cup butter  
One cup sugar  
Speck of salt

Two squares chocolate, melted  
One-half cup walnuts  
One-half cup flour

Bake and cut in squares.

M. K. S.

### **Raisin Cookies.**

One cup sugar creamed with  
One-half cup butter  
One egg  
One-quarter cup milk  
One cup chopped raisins

One-quarter cup water  
Two cups flour  
Two teaspoons baking powder  
One teaspoon vanilla  
Speck salt

Drop a teaspoonful at a time in a buttered tin about two inches apart. This makes twenty-four cookies. Bake in a moderate oven twenty minutes.

Mrs. M. O'Donnell.

### **Molasses Cookies.**

One cup molasses  
One-third cup sour milk  
Two-thirds cup butter

One teaspoon soda  
One-half teaspoon ginger  
One-half teaspoon cinnamon

Sift together dry ingredients, then add one-half cup of sugar, then other ingredients and flour to make the mixture stiff enough to roll.

Mrs. Margaret O'Driscoll.

### **Ginger Snaps.**

One cup molasses  
One teaspoon soda  
One-half cup sugar  
One-half cup butter

One tablespoon ginger  
Flour to make a stiff dough  
to be rolled very thin

Mix molasses, sugar, ginger and butter. Stir over the fire until the butter is melted, then stir in quickly three cups of flour in which the soda is sifted. Knead the dough until it becomes smooth, and set on ice or something cold over night if possible. Roll as thin as pasteboard, and bake in a quick oven.

Mrs. S. Gately.

### **Ginger Cookies.**

One cup molasses  
One-half cup sugar  
One tablespoon ginger

One teaspoon soda  
One-half cup softened butter  
Flour to roll out very thin

Heat molasses, pour over sugar. Add ginger, soda, butter and flour. Cut and bake quickly.

Mrs. Mearls.

# CANDY.

"Sweets to the Sweet."

Home-made candy is cheaper and purer than that generally bought at the stores. Much of the candy bought is made from impure sugars and flavorings, and sometimes dangerous coloring matter has been found in cheap candy.

*Candy Makers' Terms.*—Candy makers use *soft ball*, *hard ball*, *thread*, and *the crack* to describe sugar at different stages in its cooking.

*Soft ball* means sugar cooked till a little, dropped into cold water and rolled between the fingers, becomes a soft ball.

*Hard ball* means sugar cooked till a little, dropped into cold water and rolled between the fingers, becomes a hard ball.

*Thread* mean sugar cooked till a drop let fall from a spoon spins itself into a fine thread.

*The Crack* means sugar cooked till it becomes brittle if dropped into cold water.

*Helps to Successful Candy Making.*—Before starting to make candy have ready all materials and utensils for cooking. If nuts are to be used, have them ready also. Have the pans buttered. Have cold water ready in which to try the candy. After pouring the cooked candy into the pan, do not mar its surface by putting the scrapings from the pan on it.

## Victory Fudge.

Three-quarters cup of milk	Three cups of sugar
One-quarter cup of butter	Four tablespoons cocoa
One and one-half teaspoons of vanilla	

Boil the milk, butter, sugar and cocoa without stirring. When it forms a soft ball in cold water take it from the fire and beat it until it becomes creamy, then add the vanilla. Pour on a buttered pan and set away to cool.

Mrs. C. Jones.

## Turkish Delight.

One package of gelatine	One-half cup of orange juice
Two pounds of sugar	Grated rind of one lemon
One-quarter cup of lemon juice	One cup of chopped nuts
One-half cup of water	

Place the sugar and water in a saucepan and add the gelatine that has been soaked. Cook for ten minutes. Add lemon juice and orange juice. Cook ten minutes longer and stir in orange rind and nuts. Pour in greased pans and let stand over night. Cut in squares and roll in powdered sugar.

Mrs. Lynch.

### **Chocolate Caramels.**

Two cups molasses	One-half pound chocolate
One cup brown sugar	One cup milk
	Butter size of an egg

Beat all together and boil until it forms a soft ball when dropped in water. Turn into flat pan well buttered. When nearly cold, cut in small squares.

### **Sea Foam Candy.**

Three cups light brown sugar	One teaspoon vanilla
One cup water	One-quarter pound English walnuts
One tablespoon vinegar	Whites of two eggs

Boil sugar, water and vinegar until it forms a ball when dropped into cold water. Then put in the stiffly beaten whites of eggs and continue beating until nearly cold. Add the vanilla and walnuts and drop from spoon on buttered plates or paraffine paper.

Mrs. McCall.

### **Peanut Brittle.**

Two cups sugar	One cup peanuts (chopped fine)
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Put the peanuts into a slightly buttered tin pan and set it on the back of the range. Cook the sugar in an iron frying pan, stirring it constantly that it may not burn. When the sugar is a clear, yellow sirup, pour it over the peanuts. Cut the candy into squares while it is still warm.

### **Molasses Candy.**

Two cups molasses	Three tablespoons butter
One cup brown sugar	One tablespoon vinegar

Mix the molasses, sugar, and butter together; put the mixture into a saucepan and cook it slowly until the sugar is dissolved. Boil it until it forms a hard ball when dropped into cold water. Add the vinegar and continue the cooking until the mixture will become brittle. Pour it into a buttered pan and mark it off into squares while it is warm.

### **Butter Taffy.**

Two cups light brown sugar	One-quarter teaspoon salt
One-quarter cup molasses	Two tablespoons butter
Two tablespoons water	
Two tablespoons lemon juice or vinegar	
One teaspoon vanilla	

Boil the first five ingredients together until the sirup forms a hard ball in cold water. Add the butter and continue the cooking until the mixture, when tested, becomes brittle. Remove it from the fire, add the vanilla, and pour the taffy into a buttered pan. When it is nearly cool, mark it into squares.

### Plain Fondant.

Three cups sugar	One-half teaspoon vanilla
One-quarter teaspoon cream of tartar	Three-quarters cup water

Put the sugar, cream of tartar and water into an agate saucepan and stir the mixture thoroughly. Place it on the range and heat it slowly to the boiling point. Boil it without stirring until the sirup threads, or until it forms a soft ball in cold water. After the sirup has been boiling a few minutes sugar will adhere to sides of the saucepan. This should be removed by washing it off with a piece of soft cloth dipped in cold water. When the fondant is cooked, add the vanilla, pour the sirup slowly on a large platter, and let it stand until it is nearly cool, or until it can be handled. Knead it, like bread dough, until it is perfectly smooth. Put it into a covered jar and let it stand at least twenty-four hours before using it.

Fondant is used in many ways: plain, for the centers of chocolate creams and bonbons, mixed with cocoanut, nuts, candied cherries, dates, figs, etc., and as frosting for cakes.

Any other flavoring may be substituted for vanilla.

## Fudge.

Two cups of sugar                      One-half cup of milk  
Three tablespoons of cocoa          Butter the size of an egg  
One-half teaspoon of vanilla

Boil together the sugar, cocoa and milk. Add butter when boiling. Stir thoroughly and add the vanilla. Beat until creamy. Pour on buttered dish and set away to cool.

Mrs. Mitchell.

Mrs. Mitchell.

### Vinegar Candy.

Two cups sugar                      One-half cup vinegar  
Two tablespoons butter

Mix all the ingredients together in a saucepan. Stir the mixture over the fire until the sugar is dissolved, and occasionally afterward. Boil it until it is brittle when tried in cold water. Pour it on a buttered plate to cool, and mark it into squares while it is warm.

### Cocoanut Cream Candy.

Two cups of sugar	One-half cup of cocoanut
One-half cup of milk	Half raisins or nuts may be used
One teaspoon of butter	
One-quarter teaspoon of lemon extract	

Boil sugar, milk and butter for fifteen minutes. Remove from fire, add the coconut and flavoring. Beat until creamy. Pour into a buttered pan to cool.

Mrs. Donnelly.

### **Pinoche.**

Two cups of brown sugar                      Butter the size of walnut  
One-half cup of milk                      One tablespoon of vanilla  
One-quarter pound of chopped nuts

Cook without stirring until it forms a soft ball in cold water. Stir in nuts just before taking off the fire. Beat well and pour on buttered dishes.

Margaret Coveney.

### **Brown Sugar Fudge.**

Two pounds of brown sugar                      Small piece of butter  
One-half cup of milk                      Few drops of vanilla

Boil sugar and milk, until it threads; remove from stove, add butter and vanilla and beat until it begins to grain. Pour on buttered dish and mark when cool.

Helen Costigan.

### **Marshmallow Pinoche.**

Three cups of brown sugar                      Butter the size of a walnut  
Three-quarters cup of milk  
One-half pound of best marshmallows  
One cup of broken English walnut meat

Boil together the sugar and milk about ten minutes stirring all the time. Add the butter, walnut meat and marshmallows. Heat over the stove until ready to pour. Pour on buttered plate and harden.

Mae Barret.

### **Cocoanut Marshmallow Squares.**

Two cups of stoned dates                      One tablespoons of milk  
One-quarter cup of powdered sugar  
One cup of canned cocoanut (squeezed dry)

Mix all together and press one-half the mixture into a square tin. Place a layer of marshmallow between and the remainder of mixture on top. Press firmly together, cut in squares, and set away.

Mildred Thompson.

### **Peanut Butter Candy.**

One cup of light brown sugar                      One-half cup of molasses  
Three-quarters cup of peanut butter

Boil sugar and molasses together until it hardens in water. Remove from fire and stir in peanut butter. Let cool and then pull it.

Helen F. Thompson.

### **Karo Candy.**

One cup of karo                      One teaspoon of vinegar  
One cup of sugar                      Small piece of butter

Boil till it is hard in cold water.

Mary Nicholson.

### **Molasses Taffy.**

Four tablespoons of sugar                      Two tablespoons of water  
Six tablespoons of molasses                  One teaspoon of butter

Boil until brittle in cold water. Pour on buttered dish.

Mrs. F. M. Salway.

### **Cocoa Fudge.**

One cup of sugar                                  Six teaspoons of cocoa or chocolate  
One-fourth cup of milk                      Butter the size of an egg  
One teaspoon of vanilla

Boil until it threads, take from stove and add the butter and vanilla and beat until thick. Pour into buttered pans and cut when cool.

Mary Salway.

### **Butter Scotch.**

One-half cup of molasses                      One-half cup of butter  
One cup of sugar                                  Two tablespoons of boiling water  
One tablespoon of vinegar                      One teaspoon of vanilla

Boil the mixture until it becomes brittle in cold water. Add the vanilla. Pour in buttered pans.

Bonnie Fedell.

### **Peppermint Creams.**

Two cups of sugar                                  One teaspoon of peppermint extract  
One-half cup of water  
One-eighth teaspoon of cream of tartar

Add sugar and water together. Add the cream of tartar. Cook until soft ball in cold water. Stir until cloudy and add the extract. Drop on waxed paper.

Ruth Nicholson.

### **Puffed Rice Brittle.**

One cup of sugar                                  One-half package of puffed rice  
One-half cup water                              One teaspoon vinegar  
One-half teaspoon salt                          Two tablespoons molasses  
Butter size of walnut

Boil sugar, water and vinegar for five minutes, then add molasses, butter and salt. Boil until when dropped in cold water it becomes hard and brittle. Take from fire, stir in puffed rice previously warmed and spread on buttered dish to cool.

Mrs. C. I. Adams.

### **Pop-Corn Balls.**

One cup of sirup                                  One tablespoon of vinegar  
Two or three quarts of popped corn

Boil sirup and vinegar until sirup hardens in cold water. Pour over popcorn and roll into balls.

Mrs. D. Thompson.

# **PRESERVES and PICKLES.**

"Variety is the very spice of life that gives it all its flavor."

## **Canned Pears.**

Cut a dozen Bartlett pears in halves, leaving the stem on half. Pare and remove the cores. Cook until soft. Make a syrup of one cup and a half of sugar, and a cup of water and the juice of one lemon. Skim. Put pears into sterilized quart jars. Add the syrup to overflow. Place rubber on jar. Cover and tighten the jar. The lemon may be omitted.

Can peaches in the same way.

Mrs. Wallace.

## **Spiced Crab Apples.**

Cook one pint of vinegar and six pounds of sugar, two teaspoons cinnamon, one-half teaspoon cloves, add six pounds of crab apples, cored and chopped fine, two oranges with peel and chopped fine, two pounds seeded raisins. Boil slowly about twenty-five minutes.

M. M. D.

## **Orange Marmalade.**

Twelve oranges

Four lemons

Eight pounds of white sugar

Cut up fruit and soak for thirty-six hours in four quarts of cold water. Then boil two hours, add sugar and boil until it jellies. Mrs. MacCalduff.

## **Gingered Pears.**

Eight pounds of pears cut in thin slices. Cook four pounds of sugar, four cups of water, the juice of four lemons and grated rind. Two ounces ginger root soaked over night in a little water and then chopped fine is then added. Boil slowly about four hours.

Mrs. Mary Cullen.

## **Chilli Sauce.**

Eighteen ripe tomatoes peeled and sliced Two small peppers (remove seeds) Two large onions or four small ones, peeled and chopped with the peppers

Boil all these together one and one-half hours Then add two tablespoons of salt, one-half teaspoon of cloves, one teaspoon of cinnamon, one-half cup of sugar, two cups of vinegar to the above and boil one-half hour longer.

Miss Catherine Loftus.

### **Beet Relish.**

One quart of boiled beets chopped fine, one quart raw cabbage chopped, one cup grated horse radish. Cover with cold vinegar to which has been added one cup of brown sugar and one tablespoon of salt. Let stand in jars or bottles.

M. A. Degan.

### **Carrot Marmalade.**

Two carrots

Two lemons

Two cups of sugar

Boil carrots twenty minutes. Scrape off the outer skin. Cut and seed the lemons. Put all in the food grinder and save the juice. Add a cup of water and two cups of sugar. Boil half an hour. Put in jelly tumblers and seal like any jelly.

J. S. D.

### **Grape Conserve.**

Twenty pounds of wild grapes. Two pounds of currants. Two pounds of raisins. One and one-half pounds of walnuts. Skin of three oranges cut in strips. One-half pound of citron. One pound of figs.

Heat grapes slowly and remove seeds by pressing through fine sieve. To each cup of pulp add one cup of sugar. Add all other ingredients and boil twenty minutes. This makes about thirty glasses.

M. M. D.

### **Grape Catsup.**

Five pounds grapes

Stew and rub through strainer. Add one pint of vinegar, three pounds of sugar, one tablespoon of allspice. Boil until of the desired consistency.

M. M. D.

### **Rhubarb and Pineapple Marmalade.**

One pound of shredded or cut pineapple

One pint of sugar

One pint of rhubarb cut up

Boil all together until thick. Pour into sterilized tumblers.

M. M. D.

### **Green Tomato Mince Meat.**

Two quarts of small green tomatoes chopped and drained. Cover with cold water and simmer for half an hour. Drain, then add one pound of seeded raisins, one-half pound of candied orange peel chopped fine, two pounds of brown sugar, one-half pound of suet chopped fine, half a cup of vinegar, one tablespoon of salt. Cook until thick, then add one teaspoon each of cinnamon, cloves, nutmeg and ginger. Put in jars hot.

Mrs. J. F. Raftery.

### **Mustard Pickles.**

Two heads of cauliflower, cut into small pieces  
Three quarts of cucumbers  
Two quarts of onions, cut fine  
One quart green peppers (cut out seeds)

Cover with water and add one cup of salt. Let this stand over night. Drain off water in the morning. Take one cup of corn starch and three of sugar, one cup of mustard, one ounce of tumeric powder (may be omitted), one gallon of vinegar and mix together when hot. Put in vegetables and cook until tender. It is a good plan to cook vegetables a little before putting them into the vinegar. M. A. D.

### **Mustard Pickle.**

One quart cucumber pickles or six large cucumbers  
One quart small button onions  
One quart green tomatoes  
One quart large cauliflower

Cut up large cucumbers, tomatoes and cauliflower with onions and pepper. Let stand over night in a solution made of one-half cup of salt, two quarts of water. In the morning add alum the size of a nut. Scald in the same solution, allowing water to boil one minute, then drain.

*Paste for pickles*—Six tablespoons mustard, one tablespoon tumeric, one and one-half scant cups of sugar, one scant cup of flour. Mix dry ingredients thoroughly, then add two quarts best vinegar. Boil a few minutes, stirring constantly. Then pour paste over vegetables. M. A. B.

### **Grape Jelly.**

One small basket of blue grapes, not too ripe

Wash and put in preserving kettle. Crush well and add four apples cut fine. Put in the parings. Cook all together twenty minutes. Let drain in jelly bag over night, using juice only for jelly. Measure and add three cups of heated sugar to four of juice. Boil hard for five minutes. Put in jelly glasses and place in the sun until jelly is firm. Mrs. Richard Lynch.

### **Mince Meat.**

Three pounds stew beef	Two pounds raisins
One pound suet	Two pounds currants
One and one-half peck apples	One pound citron
Three lemons	One pint brandy
Three pounds sugar	One tablespoon cinnamon
Two cups molasses	One tablespoon mace
One quart cider	One tablespoon cloves
	One tablespoon nutmeg

Cook meat and suet until tender. Save the stock in which it was cooked. Chop apples, meat, suet. Then add suet and lemons. When chopped put all ingredients into the meat stock, adding also molasses and sugar and cider. Cook for twenty minutes. Add raisins, currants and spices and cook for thirty minutes. After it is done add the brandy. Mrs. F. W. Doyle

## MISCELLANEOUS.

"Weights and measure, just and true,  
Oven of even heat,  
Well-buttered tins and quiet nerves,  
Success will be complete."

### Mock Whipped Cream.

Grate an apple, after paring it, into a bowl. Separate an egg, and add the white to the apple. Beat this mixture with an egg beater until quite stiff, then add sugar to taste and enough to thicken the mixture, either confectioners or granulated. Beat until stiff as wished for. This you will find will be plenty for a family of six or eight, used on layer cake or as individual dishes. A. M. M.

### Lemon Syrup (served with waffles).

One cup sugar	One teaspoon butter
One-half cup water	One teaspoon lemon juice

Boil sugar with water until it thickens slightly. Add butter and lemon juice. Serve as soon as the butter is melted. M. A. K.

### Hot Chocolate Sauce.

One cup brown sugar	One-half teaspoon salt
Two tablespoons flour	Three tablespoons cocoa

Mix the dry ingredients. Pour in one pint boiling water. Let cook until thick. When cooked add one-half teaspoon vanilla. Mrs. Julia Peterson.

### Karo Frosting.

Two cups karo syrup	Two tablespoons of water
A pinch of cream of tartar	

Let boil until it hardens in cold water, then add whites of two eggs well beaten. D. M.

### To Extract Juice from Onions.

Cut slice from root end of the onion; remove skin, press onion on a coarse grater, using rotary motion.

### To Blanch Almonds.

Cover almonds with boiling water and let stand a few minutes; drain, plunge into cold water and rub off skins.

### Buttered Cracker Crumbs.

Allow one-fourth cup melted butter to one cup crumbs. Stir lightly in mixing so crumbs will be evenly coated.

# For the Invalid Tray.

"Simple diet is best, for many dishes bring many diseases."

*Importance.*—Food for the sick is a matter of great importance, as in many cases a patient's recovery depends on the kind, quality, and the quantity of food furnished during illness.

The appetite of those who are sick is poor. And generally speaking, a sick patient has no desire for food unless it is selected to his liking, cooked well, served attractively, and served in small quantities. So the skillful housekeeper must be able to know what kinds of food are good for invalids, and she must know how to prepare and serve it in such a way that the invalid will desire to eat it.

*Diet* for the sick is classified as liquids, semi-solids, and convalescent foods. *Liquid* diet consists entirely of liquid food, such as milk, beef tea, beef juice, strained broths, strained gruel and cooling drinks. These are given during severe illnesses.

Tea, coffee, and other stimulants should be given only when the physician consents to their use by the invalid.

*Semi-solids* are given in less severe illness, or when a patient is beginning to improve. This diet includes everything in liquid diet and also easily-digested foods.

## Lemon Whey.

One cup hot milk

One and one-half tablespoons sugar

Two tablespoons lemon juice

Scald the milk in a double boiler. Add the lemon juice. Cook it without stirring it until the whey separates. Strain it through cheesecloth. Add the sugar and serve it hot or cold.

## Rice Water.

Two tablespoons rice

One-half stick cinnamon

Four cups boiling water

Salt and sugar

Milk

Pick over the rice and wash it; add the boiling water and the cinnamon; cook it until the rice is thoroughly soft. Strain it, season it with salt and sugar (if liked), and dilute it with hot milk.

### **Barley Gruel.**

One tablespoon barley flour	Two cups hot milk
	Salt

Scald the milk. Mix the barley flour with a little cold milk and stir it into the scalded milk. Cook it in a double boiler one and one-half hours. Strain it and season it with salt.

### **Indian-Meal Gruel.**

One tablespoon Indian meal	Two cups boiling water
One-half tablespoon flour	One-half teaspoon salt
One-quarter cup cold water	Milk or cream

Mix the meal, flour, and salt with the cold water. Pour on boiling water and cook it over the fire for fifteen minutes, stirring it constantly. Cook it in a double boiler one and one-half hours. Strain it and dilute it with milk or cream.

### **Steamed Rhubarb Sauce.**

One quart rhubarb (cut into one-half inch pieces)	Two cups sugar
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Cut off the leaves and the root and wash the stalks and cut them into one-half inch lengths. Put the rhubarb into a double boiler, add the sugar, and cover the boiler tight. Cook the rhubarb until it is soft; do not stir it, as pieces should be unbroken.

### **Pan-Broiled Oysters.**

Toast thin slices of stale bread and keep them hot. Clean oysters and wipe them dry. Put them into a saucepan without water, shaking the saucepan until the oysters are plump and the edges begin to curl. Season them with butter, salt, and pepper, and serve them at once on the toast.

### **Egg Lemonade.**

One egg	Two-thirds cup cold water
Two tablespoons sugar	Two tablespoons lemon juice

Beat the egg, add the sugar and lemon juice, and beat again; add the water. Mix well, strain and serve very cold.

### **Orangeade.**

Juice of one orange	One and one-half pounds sugar
One tablespoon lemon juice	One cup boiling water

Wash the orange and cut a thin slice from the center, and remove the seeds. Squeeze the juice from the orange, add the lemon juice, sugar and boiling water. Put into a bowl, cover and let stand until it is cold. Strain into a glass and put the slices of orange on top.

## HOUSEHOLD HINTS.

*To prevent clothes from freezing to clothesline*—Soak clothes in salt and water. Rub wet cloth over line just before hanging clothes out to dry.

*To cook string beans quickly*—Add a pinch of soda to water and you will find they cook much quicker.

*To remove odor of cabbage and corned beef from kitchen*—Sprinkle a little coffee on the stove and it will remove odor.

Sprinkle a little flour over suet when chopping it, to prevent the pieces sticking together.

Keep cranberries in a cool place in cold water; will keep for weeks.

To make whites of eggs beat up quickly, add a pinch of salt.

The juice from a ripe tomato will remove stains from the hands and whiten them.

Cabbage chopped and seasoned well with celery salt is a good substitute for celery in a salad.

The following is a table of weights and measures that will be found useful

One quart sifted flour	One pound
One pint of granulated sugar	One pound
Two cups of butter, packed	One pound
One generous pint of liquid	One pound
Two cups granulated sugar	One pound
Two cups powdered sugar	One pound
One pint of finely chopped meat, packed solidly	One pound

The cup used is the common kitchen cup, holding one-half pint.

You can get a bottle or a barrel of oil off any carpet or woolen stuff by applying dry buckwheat flour plentifully and faithfully.

To remove peach stains from linen, saturate the stain with spirits of camphor before washing and the stain will disappear.

A tin can of washing soda should be kept on hand to clean pots and pans and sweeten the sink. The dishcloth should be boiled in soda water frequently. Ammonia can be used for the same purpose, but it is more expensive.

A frying basket, which costs only a trifle, saves much labor and material.

A jar for breadcrumbs, which should never be thrown away but dried in the oven and rolled out for dressing and thickenings.

Keep a pot for fat. Never allow any fat liquor to be thrown away, it will serve as a basis of good vegetable soup tomorrow. Save all skimnings from same, and all drippings from the roast.

When bread or pastry is in danger of burning, a basin of cold water set on the upper grate protects the bread and lowers the temperature, and is much better than covering with paper or leaving the door open.

Mrs. D. Thompson.

Grass stains may be removed from colored goods by dipping stain in alcohol and rubbing spot vigorously.

For a burn apply equal parts white of egg and olive oil mixed together. If applied at once no blister will form.

Clean piano keys by rubbing with alcohol.

To remove iron rust, saturate spot with lemon juice, then cover with salt, let stand in sun for several hours.

Tumblers which have contained milk should be rinsed in cold water before being put into hot water.

Never put knives with ivory handles in hot water. Hot water causes them to discolor and crack.

To toughen lamp chimneys put them in a kettle of cold water, heat gradually until water reaches boiling point. Set aside; when water is cold, remove chimneys. This prevents chimneys from cracking.

When a water bottle begins to look cloudy, half fill the bottle with seeds from grape fruit, and water; shake well for a few minutes, take out and wash in warm suds, then rinse in clear warm water; this will cause the glass to glisten and look like new.

Place all garbage in paper bags before putting in the garbage can. The can lasts much longer and is easier to keep clean.

A long handled corn popper is very useful for broiling a bit of steak, a chop, or for making a slice of toast in the furnace when the kitchen fire isn't in cooking order.

To soften a paint brush that has been allowed to harden, boil for half an hour in vessel containing vinegar to cover. The brush will come out like new.

Pack glass or china in straw that has been slightly moistened; this will prevent the articles from slipping about. Wrap each article separately, placing the heaviest at the bottom.

To test eggs, put them in water. A fresh egg will sink, a bad egg will float on the surface.

Cubes of sugar rubbed over the surface of an orange will retain the orange flavor by absorbing the oil. Sugar thus prepared and used in tea imparts most delicious flavor, suggesting orange pekoe.

If the knives of the food chopper become black and dull, run a piece of sandsoap through the machine as you would if it were food; it brightens and sharpens the knives.

When frying anything that causes the hot fat to spatter, try sprinkling a little flour into the hot fat before beginning to fry. This will instantly stop the spattering.

Mix stove polish with milk instead of water; it gives a higher polish.

When washing vegetables such as lettuce, spinach, dandelions, water cress, etc., add one tablespoon of salt to the water and all small insects which can't otherwise be washed will quickly rise to the top.

L. N. Crosby.

## **Notes on Meat.**

Cheap cuts of meat contain the same amount of nourishment as expensive cuts.

Intense heat long applied soils the texture of meat.

Baste meat to cook the outside, thereby keeping in the juice.

A little vinegar added to water makes meat more tender when boiling.

Cold water should be used in making soups.

For roasting a hot oven should be used and then reduce the heat and let cook more slowly.

Give children more milk and less meat.

Good beef should be good red color, creamy fat, and flesh should be elastic to the touch.

Long, slow cooking in water makes tough meat tender.

## **Preservation of Eggs.**

Eggs may be preserved when they are cheap and plentiful by means of water glass or silicate of sodium. The eggs should be perfectly fresh when packed, and a five gallon crock or jar will hold fifteen dozen eggs. Nine quarts of water, cooled, one quart of water glass. More eggs may be added from time to time.

## **Hard Soap.**

Five pounds clarified and strained fat

One pound potash

One quart of water

Two tablespoons powdered borax

One-third cup washing soda, dissolved in one-quarter cup boiling water.

Line a box with greased paper. Put the fat on the back of the range until it is melted. Mix the potash and when dissolved add the ammonia, borax and dissolved soda mixture. Stir it occasionally, then let it stand until it is cold. When fat is melted and warm, pour it into the potash slowly, stirring all the time and continue to stir it, from ten to fifteen minutes, until the soap is the consistency of thick cream. Pour it into the paper lined box. Let it stand a few hours, and then cut it into pieces convenient for use. Do not remove it from the box for three days.

J. M.

# Kitchen Time Table.

## *Time required for baking.*

Beans, 8 to 0 hours	Onions, 30 to 45 minutes
Beef, sirloin, well done, per lb. 12 to 15 minutes	Pudding, rice, tapioca, 1 hour
Bread, brick loaf, 40 to 60 minutes	Turkey, 10 lbs., 3 hours
Cake sponge, 45 to 60 min.	Beef, rare, per pound 8 to 10 minutes
Custards, 5 to 20 minutes	Biscuit 10 to 20 minutes
Duck, tame, 40 to 60 minutes	Cake, plain, 20 to 40 minutes
Fish 6 to 8 lbs., 1 hour	Cookies, 10 to 15 minutes
Mutton, rare, per lb., 10 min.	Chickens, 3 to 4 pounds, 1 to 1 1-2 hours
Mutton well done, per lb. 15 minutes	Pie crust, 30 to 40 minutes
Potatoes 30 to 45 minutes	Pudding, plum, 2 to 3 hours
Pork, well done, per pound, 30 minutes	
Veal, well done, per pound 20 minutes	
Lamb, well done, per pound, 15 minutes	

## *Boiling*

Asparagus 15 to 20 minutes	Parsnips, 30 to 45 minutes
Beans, shell, 1 to 2 hours	Potatoes, 20 to 30 minutes
Beets, young, 45 to 60 min.	Squash, 20 to 30 minutes
Cabbage, young 30 to 45 minutes	Turnips, 30 to 45 minutes
Chickens, 45 to 60 minutes	Winter vegetables, 1 to 2 hours
Corned beef, 4 to 5 hours	Bass, per pound, 10 minutes
Eggs, hard boiled, 15 to 20 minutes	
Beans, string, 2 hours	Lamb, one hour
Brown bread, 3 hours	Oysters, 3 minutes
Carrots, 45 to 60 minutes	Oysters, 3 minutes
Cauliflower, 30 to 45 minutes	Peas, 15 to 20 minutes
Corn, green, 5 to 8 minutes	Salmon, per pound, 15 minutes
Eggs, 3 to 5 minutes	Tomatoes, 15 to 20 minutes
Ham, 5 hours	Veal, 2 to 3 hours

## *Broiling.*

Chickens, 20 minutes	Chops 8 minutes
Steak, 1 inch thick, 4 to 6 minutes	Fish, thin, 5 to 8 minutes
Fish, thick, 12 to 15 minutes	

## *Frying*

Bacon, 20 minutes	Croquets, 1 minute
Doughnuts, 3 to 5 minutes	Fish balls, 1 minute
Fritters, 3 to 5 minutes	Mildred Thompson.

# Memoranda.

*Eggs can not be imitated, but as an economic necessity, we suggest*

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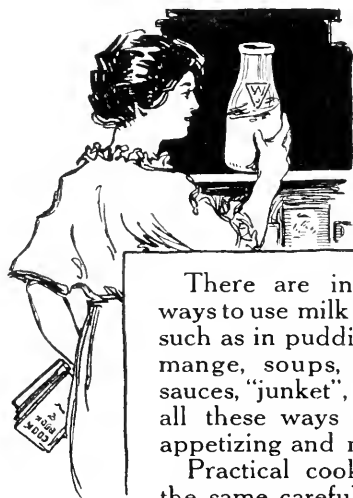
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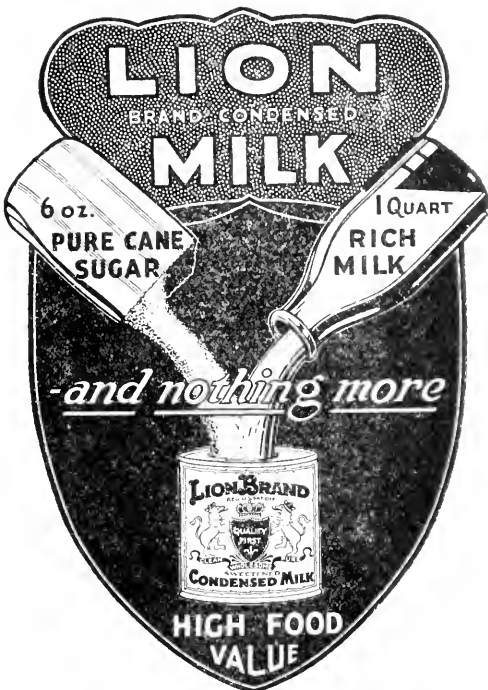


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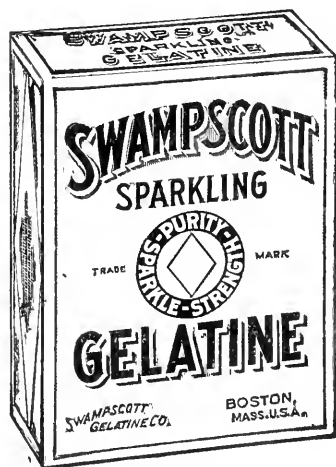
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